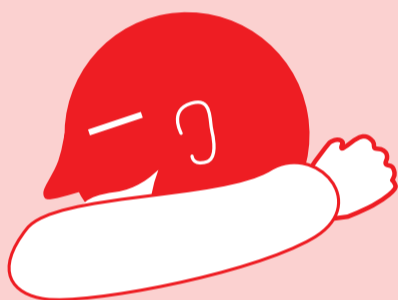


TIPS TO REDUCE THE RISK OF GETTING OR SPREADING RESPIRATORY ILLNESSES LIKE COVID-19



Wash your hands frequently with soap and warm water, especially before meals, food handling and after using the washroom. Hand sanitizer can be used when you do not have the option of hand washing.



Cough and sneeze in the fold of your arm or in a paper handkerchief. This prevents infection from spreading in your environment and prevents the contamination of your hands.



Avoid touching your face or eyes.



Stay home when you are sick to avoid infecting people on the bus, in your workplace or other places where you are in close proximity to others.



Avoid close contact with sick people.