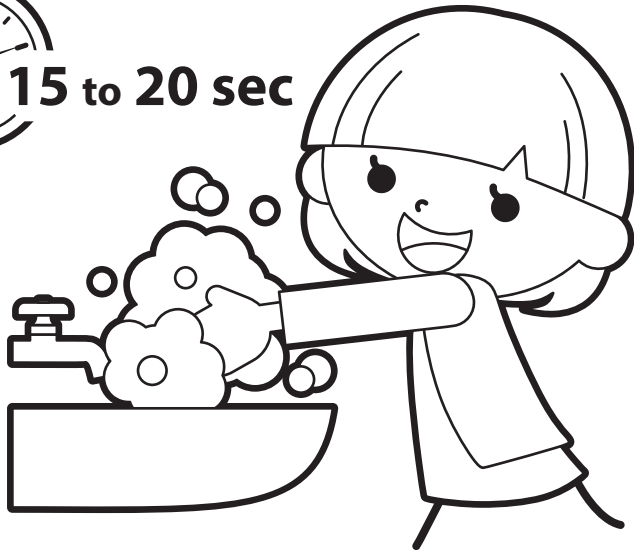


# How to make sure we take care of ourselves and others:



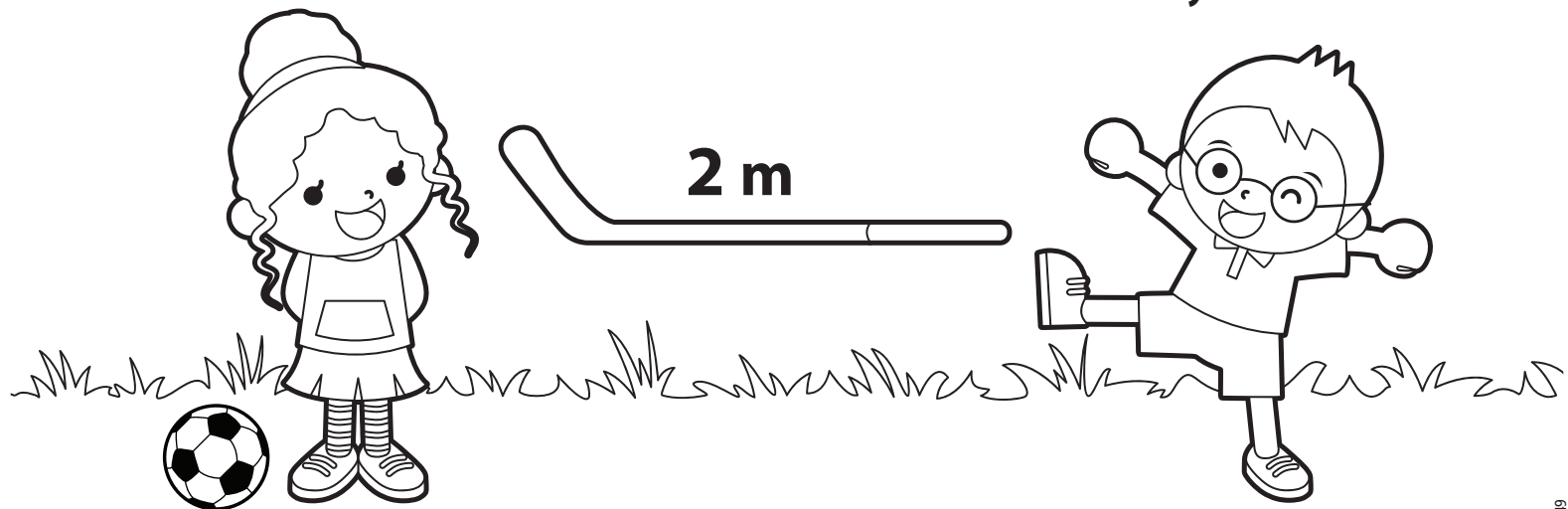
**15 to 20 sec**



Remember to **wash your hands for 15 to 20 seconds** when you get home.



If you **cough or sneeze**, do it **into your elbow**.



**Stay two meters away from people** – that is about the length of a hockey stick or a pool noodle.



**Get  
outside.**



**Help your family.**

