

STOP

the spread of infection!



Stay up-to-date
with all vaccines



Stay home if you
are sick



Clean your hands
with soap and water
or alcohol based
hand sanitizer



Cover your cough
or sneeze with a
tissue or into your
upper sleeve



Wear a mask when
recommended by
Public Health



Clean and disinfect
high-touch
surfaces regularly



Improve indoor
ventilation

Niagara  Region

niagararegion.ca/health