Keep our workplaces, homes, and communities safe

Follow these basic safety guidelines to help fight against the spread of COVID-19.

**Wash your hands**
Wash your hands with soap and water for 40 to 60 seconds. Or use hand sanitizer for 20 seconds.

**Don't touch your face**
Avoid touching your eyes, nose, and mouth.

**Maintain physical distance**
Keep a distance of 2 meters from others.

**Cover your cough or sneeze**
Use a tissue and dispose of it responsibly. If you don't have a tissue, cough or sneeze into your upper arm.

**Wear a face mask in public**
Face masks should be worn when you may be near people. Wearing a face mask is not a substitute for physical distancing.

**Recognize symptoms**
If you have a fever, cough, or difficulty breathing, call your health care provider immediately.

**Stay informed**
Follow your health care provider’s advice. Avoid rumors and unverified information in social media.

Helpdesk 87-COVID (013 872 6843)  JHAA 800-305-4444 (Option 3)