



How to Prevent Catching & Spreading **Coronavirus** On The Job Site



Follow these tips to prevent yourself from catching coronavirus, or from potentially spreading the virus to others.

How to Prevent **Catching The Virus**

How to Prevent **Spreading the Virus**



Wash your hands often, for at least 20 seconds.



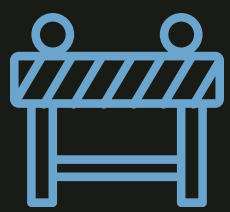
Disinfect surfaces that you touch. Wash your hands often, for at least 20 seconds.



Avoid touching your eyes and mouth with unwashed hands.



Keep doors open to prevent touching door handles. If you can't then keep sanitizer wipes by doors (office & vehicles)



Avoid close contact with people who are sick.



Keep a physical distance of at least 2 meters from other workers.



Cover your coughs and sneezes with a tissue and throw out the tissue.



Don't share tools & if you have to, wipe down/ sanitize tools before you use them



Learn more at: <http://covid-19.bccdc.ca/>

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