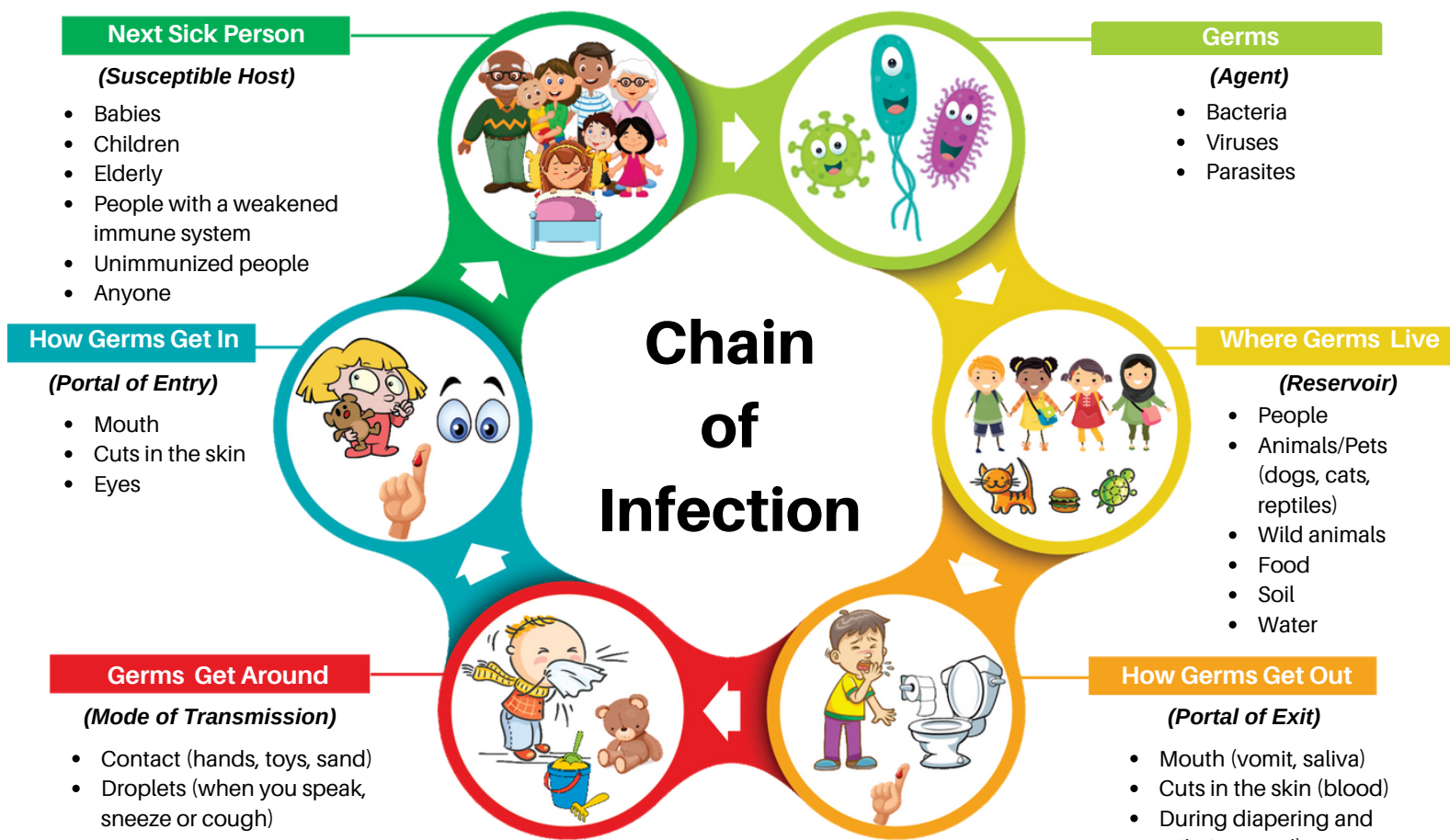


Reduce the Spread of Germs: How to Protect Your Family

Checklist:

- Use the [Self-assessment | Ontario.ca](#) when ill
- Stay home when sick and return to school/work based on the [Self-assessment | Ontario.ca](#) Please refer to masking guidelines
- Encourage good handwashing, especially before mealtimes [Handwashing video](#)
- Avoid touching your eyes, nose, and mouth (refer to picture to reduce spread)
- Cough or sneeze into your sleeve
- Clean and disinfect common household areas; kitchen and bathrooms
- Do not share personal items such towels, dishes, and bedding
- Ensure immunizations are up to date



Adapted with permission from Ottawa Public Health