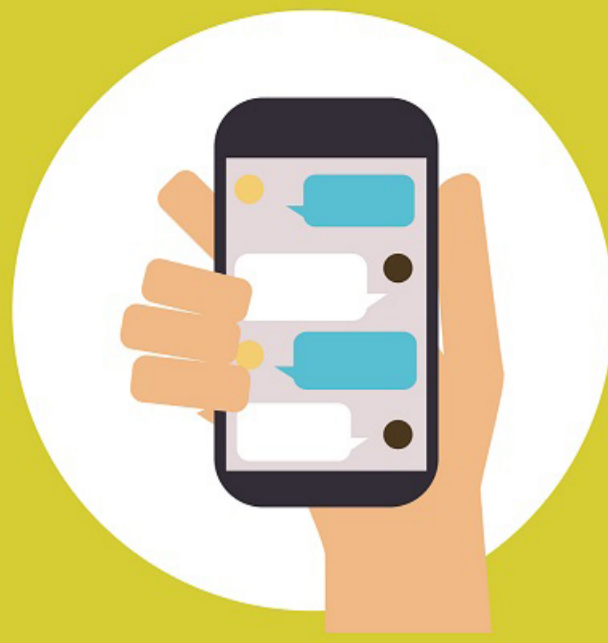


# COVID-19

**WASH YOUR HANDS AS OFTEN AS YOU CHECK YOUR PHONE.**



**Yes, that much.** Make sure you wash them before and after these activities too:

## Wash before:

- 👤 Preparing meals
- 👤 Eating meals
- 👤 Breastfeeding and preparing formula
- 👤 Caring for someone who is ill
- 👤 Treating a cut or wound or giving first aid
- 👤 Inserting or removing contact lenses
- 👤 Flossing your teeth

## Wash after:

- 👤 Preparing food, handling raw meat
- 👤 Using the bathroom
- 👤 Blowing your nose, coughing or sneezing
- 👤 Caring for someone who is ill
- 👤 Helping children or elderly with toileting and hygiene
- 👤 Coming home from a public outing
- 👤 Playing with other children's toys
- 👤 Shaking hands or touching shared objects
- 👤 Treating a cut or wound or giving first aid
- 👤 Touching animals or animal waste
- 👤 Touching garbage or cleaning

**Wash often!**

Learn more: [fraserhealth.ca/coronavirus](https://fraserhealth.ca/coronavirus)