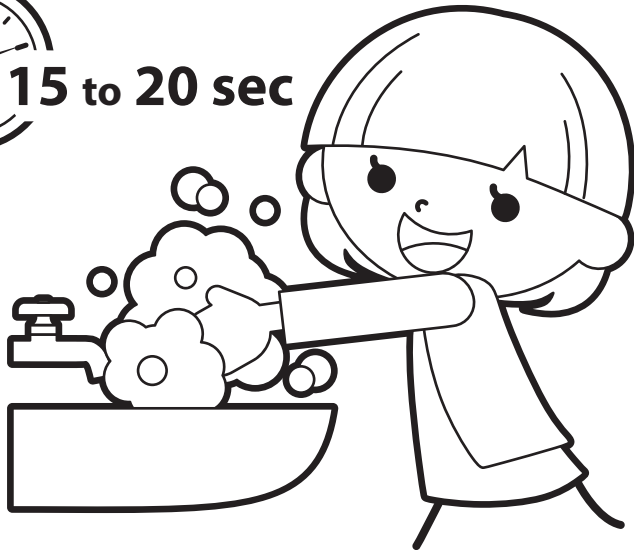


How to make sure we take care of ourselves and others:



15 to 20 sec



Remember to **wash your hands for 15 to 20 seconds** when you get home.



If you **cough or sneeze**, do it **into your elbow**.



Stay two meters away from people – that is about the length of a hockey stick or a pool noodle.



**Get
outside.**



Help your family.