Help protect yourself from all respiratory illnesses by:

• washing hands regularly with soap and warm water or use an alcohol-based hand sanitizer
• avoiding touching your eyes, nose and mouth with unwashed hands
• avoiding close contact with people who are sick

Help protect others by:

• staying home when you are sick
• covering coughs and sneezes with a tissue or your sleeve

Get updates on COVID-19 at peelregion.ca/coronavirus or call Peel Public Health 905-799-7700, Caledon 905-584-2216

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