



**YWCA**  
NIAGARA REGION

A TURNING POINT  
FOR WOMEN

## HOW TO PROTECT YOURSELF AND OTHERS



Cover your nose and mouth with tissue when coughing or sneezing



Throw tissue in garbage immediately after use



Wash hands with soap and water regularly



If you have flu-like symptoms, seek medical advice immediately



If you have flu-like symptoms, keep a distance of at least a meter from others



If you have flu-like symptoms, stay home from work, school or crowded places