**COVID-19 KEY MESSAGES**

**Here are the four steps you can take to keep you and your family safe:**

1. Wash your hands frequently – including every time you enter the home or office, after shaking hands with other people, after you cough or sneeze, and before you eat – using soap and water or an alcohol-based hand rub;
2. Cover your mouth and nose with flexed elbow or tissue when coughing or sneezing, dispose of used tissue immediately, and wash your hands;
3. Avoid close contact with anyone who has cold or flu-like symptoms; and
4. Seek medical care early if you or your child has a fever, cough or difficulty breathing.