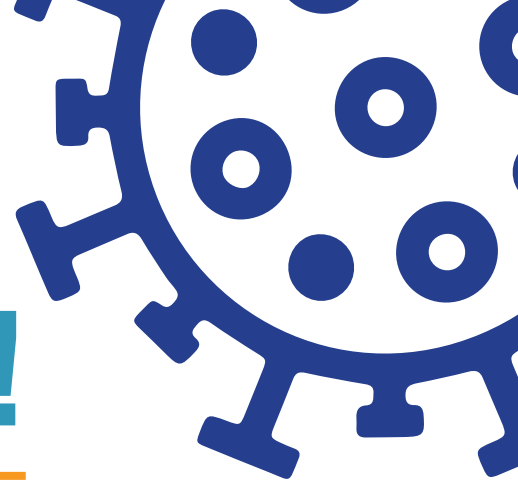




northern health
the northern way of caring

Stay Healthy!



Help stop the spread of germs. Protect yourself and others.



Wash your hands often and thoroughly with soap and water for at least 20 seconds. Make sure to dry your hands.

Avoid touching your face. Viruses can live on your hands for up to 5 minutes and on hard surfaces for up to 2 days.



Cough or sneeze into your elbow. Remember to wash and dry your hands after coughing or sneezing.

If you use a tissue, dispose of it as soon as possible, then wash your hands.



**Northern Health COVID-19 Online Clinic & Information Line: 1-844-645-7811
BC Govt. COVID-19 Helpline: 1-888-COVID19 or 1-888-268-4319**