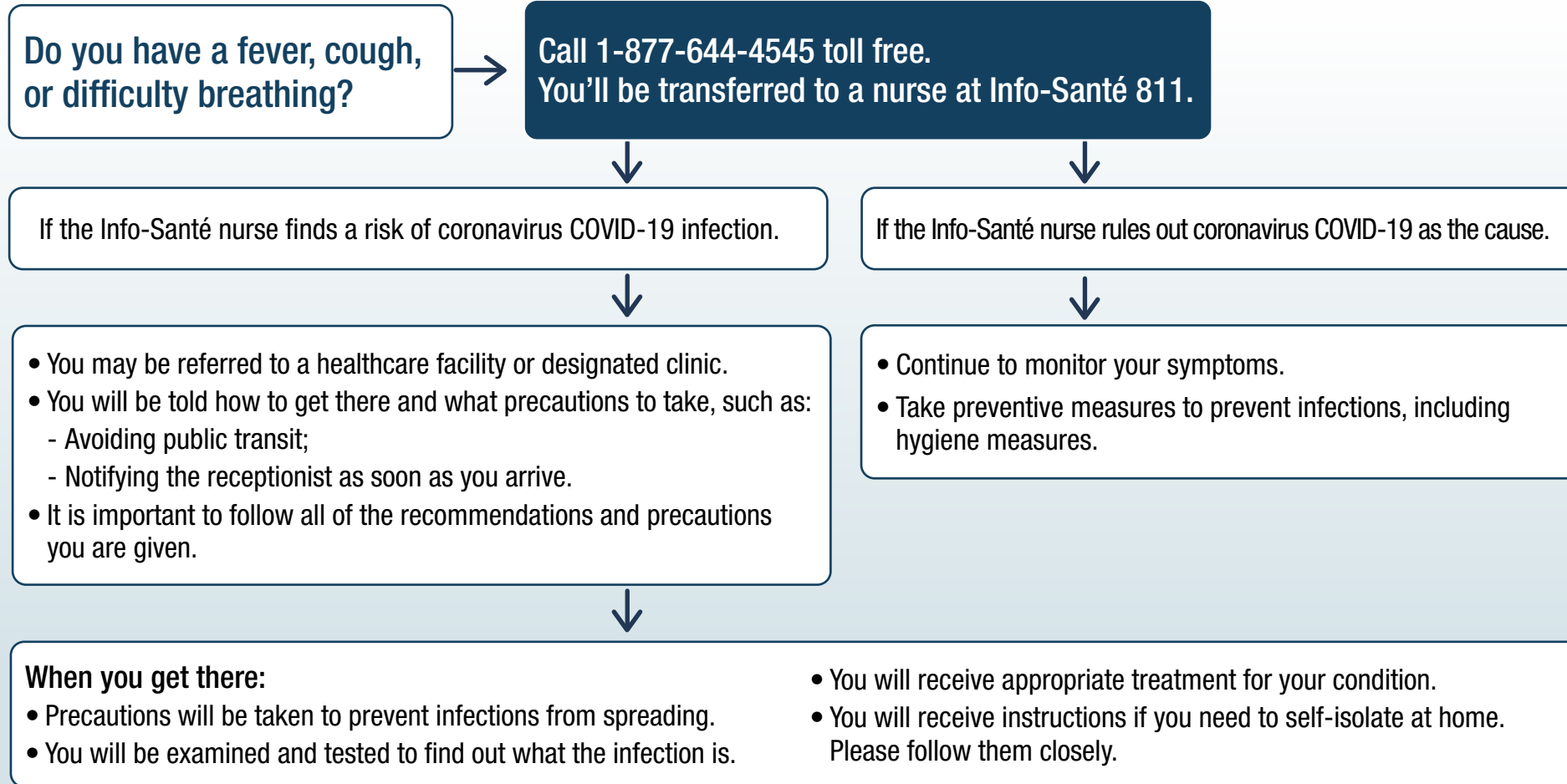


# Coronavirus (COVID-19)

## Protect yourself and others



### Always

Apply proper hygiene and prevention measures to prevent infections from spreading.

- Wash your hands often.
- Cough or sneeze into your elbow instead of your hand.
- Keep your environment clean.
- Don't visit people in hospitals or in long-term care facilities for 14 days after your return from another country or if you're sick.
- Avoid physical contact, such as shaking hands. Use alternative forms of greeting instead.

For more information:

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)