

# Tips for warding off respiratory diseases

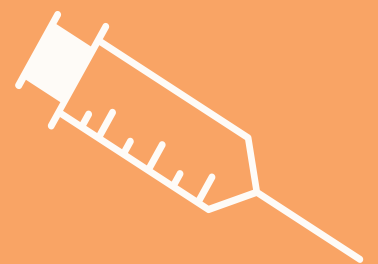
Wash your hands regularly with soap and water.



Air indoor spaces properly.



If you cough or sneeze, use a disposable paper handkerchief. If you don't have one, sneeze into your elbow.



Are you 65 years of age or over, pregnant, vulnerable or a health professional? Be sure to have COVID and flu vaccinations.

Are you sick? Stay at home. Wear a mask when using public transport and in very busy places.

