COVID 19
CORONAVIRUS DISEASE

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Wash your hands frequently

This is the single most effective way of preventing the spread of disease. Wash your hands with soap and water for at least 20 seconds and dry them thoroughly. If you are unable to wash your hands, use an alcohol-based hand sanitizer.

To prevent the spread of germs, avoid touching your mouth, nose or eyes before washing your hands.

Avoid close contact with others

Consider adjusting your greeting practices from a handshake to no contact options to reduce the risk of spreading germs.

Greetings without physical contact could include:
- Namaste
- Nod
- Wave

Make sure your vehicle is clean and hygienic

*Each vehicle should maintain anti-bacterial disinfectant wipes.
Use a disposable disinfectant cloth to wipe down the following surfaces:
- seats and seat-belts
- door handles
- steering wheel (especially after a change of drivers)
- taxi meters
- console area
- credit/debit card pinpad
- any other shared equipment or areas that are commonly touched

Carefully dispose of the cloth immediately after use. Wash your hands with soap and water or use an alcohol-based hand sanitizer.

Catch your germs

Cover your mouth and nose with a tissue when coughing or sneezing, or cough or sneeze into your sleeve. Throw used tissues in the garbage and immediately wash your hands with soap and water, or use an alcohol-based hand sanitizer. Always use fresh tissue.

We also recommend having a box of tissue in your vehicle.

Stay home when you are sick

If you are experiencing a fever, cough, difficulty breathing or other flu-like symptoms, stay home and away from others.

If you are not seriously ill, do not go to a physicians office, a health care facility, or a lab without consulting with Health Links-Info Santé at 204-788-8200 /1-888-315-9257 first.