

# BE KIND

# DO YOUR PART!

- Maintain social distancing guidelines
- Follow traffic flow signs marked on the floor
- Look around, and allow incoming traffic to pass in narrow hallways and corners
- We encourage the wearing of face masks to protect yourself and others
- Wipe down your equipment before and after use
- DO NOT ATTEND your appointment if you are feeling sick

## PREVENTION IS KEY

### What can you do?



Wash your hands for at least 20 seconds throughout the day



Use alcohol-based hand sanitizer to clean hands if they are not visibly soiled



Avoid touching your eyes, nose, or mouth



Stay at least 2m away from people who are coughing or sneezing



Cover your mouth and nose with the crease of your elbow or a disposable tissue



Dispose of used tissues in closed bins



Stay home if you are sick