

# PROTECT YOURSELF AND THOSE AROUND YOU FROM RESPIRATORY ILLNESS

Use multiple layers of protection to reduce your risk of respiratory illness for yourself & others



Stay up to date with all of your vaccinations



Screen daily for respiratory symptoms & stay home if sick



Cover your coughs, sneezes & avoid touching your face



Wash your hands often or use hand sanitizer



Clean and disinfect surfaces & shared items



Wear a tight-fitting, well-constructed mask in indoor public settings



Choose well-ventilated indoor spaces or spend time outdoors

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