COUGHING AND SNEEZING ETIQUETTE

- Cover your mouth and nose with a tissue when you cough or sneeze
- No tissue? Cough or sneeze into your upper sleeve, not your hands
- Place your used tissue in the garbage and clean your hands

FOR MORE INFORMATION please call Infection Control Practitioners at Waypoint Centre for Mental Health Care

705-549-3181
Ext. 2128 or Ext. 2652
Please clean your hands before and after your visit

How to use hand sanitizer:

**STEP 1** Apply one squirt

![Image of hand squatting]

**STEP 2** Rub hands together

![Image of hands rubbing]

**STEP 3** Rub until dry

![Image of hands drying]

Please wear a mask at all times during your visit

**HOW TO WEAR UNIVERSAL MASK**

1. Clean your hands with soap and water or hand sanitizer
2. Hold the mask by the ear loops and place a loop around each ear
3. Mold or pinch the stiff edge to the shape of your nose
4. Pull the bottom of the mask over your mouth and chin
5. Avoid touching the front of the mask when wearing

**HOW TO REMOVE UNIVERSAL MASK**

1. Clean your hands with soap and water or hand sanitizer
2. Avoid touching the front of the mask. Only touch the ear loops
3. Hold both of the ear loops and gently lift and remove the mask
4. Throw the mask in the trash
5. Clean your hands with soap and water or hand sanitizer

Please physically distance at all times

*stay 6 feet apart*