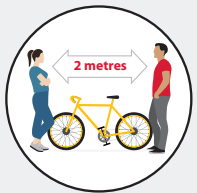


# To minimize the transmission of respiratory infections including COVID-19, influenza and common colds:



1. If you feel unwell, stay home



2. Keep your distance from others



3. Wash your hands

4. Cover your sneeze and cough



5. Reduce touching your face

For information on COVID-19 or any health and safety guidance, [calgary.ca/covid19](https://calgary.ca/covid19)