



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

1750 Russell Road, Ottawa, ON K1G 5Z6

Help Stop the Virus Spread



Wash hands frequently with soap and water or use an alcohol-based hand rub



Catch coughs and sneezes with **disposable tissues**



Throw away used tissues
(then clean your hands)



15 seconds will do for you!
To properly wash hands,
sing Happy Birthday
twice!



If you don't have a tissue
use your sleeve



**Avoid touching your eyes, nose
and mouth with unwashed hands**



**Avoid close contact with
people who are unwell**

Thanks for doing your part.