

Dear Tartu Residents:

The tips for preventing the spread of COVID-19 are the same as the usual tips for staying healthy during flu season:

1. Avoid close contact with people who are sick.
2. Stay home when you are sick to avoid spreading your illness to others.
3. If you suspect you are infected with the virus, notify your suitemates and TC staff immediately.
4. Cover your mouth and nose with a tissue when coughing or sneezing.
5. Wash your hands with soap and warm water for at least 20 seconds. When soap and water aren't available, use an alcohol-based hand sanitizer.
6. Avoid touching your eyes, nose, and mouth.
7. Practice other good health habits such as cleaning and disinfecting frequently touched surfaces, get plenty of rest, drink plenty of fluids, eat nutritious foods, and be physically active.

Read more: <https://www.tartucollege.ca/residence/health-care>

Coronavirus & Flu Prevention:

- 1. Avoid contact**
with those who are sick.
- 2. Stay home when you are sick.**
- 3. Cover your coughs & sneezes** *with a tissue.*
- 4. Wash your hands**
with soap for 20+ sec, or use sanitizer with 60-95% alcohol.
- 5. Avoid touching your eyes, nose, & mouth.**

Or use QR code below!

