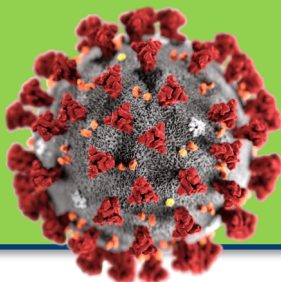




COMMISSION SCOLAIRE CENTRAL QUÉBEC
CENTRAL QUÉBEC SCHOOL BOARD



COVID-19

Best Practices

Keep a minimum distance of 1 metre away from people at all times.

Wash your hands often with warm running water and soap for at least 20 secondes.

Use an alcohol-based hand sanitizer if you do not have access to soap and water.

Pay close attention to the rules of hygiene when coughing or sneezing:

- Cover your mouth and nose with your arm to reduce the spread of germs.
- If you use a tissue, dispose of it as soon as possible and **wash your hands** immediately afterwards.

Avoid direct contact when greeting others, such as handshakes; please use alternative practices.

If you are coughing or have a fever, please call:

1 877 644-4545

- **Respect the isolation guidelines**
- **Inform your supervisor**
- **Avoid contact with those who are vulnerable, including the elderly and those with chronic illnesses.**

For example, avoid visiting hospitalized people and those living in long-term care facilities or in the private residences.

**Each of us has a role to play
in order to reduce the risks of
spreading viruses !**

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