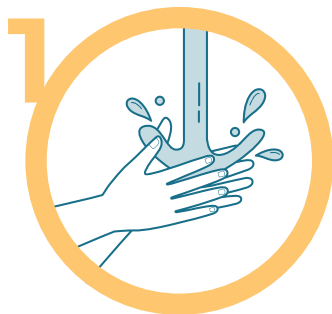


THE **BEST WAY TO AVOID CONTAMINATING** YOURSELF AND OTHERS IS TO

הרשמה לחדש

CHE CHISHTÂPÂUCHIHCHEYIN

WASH YOUR HANDS



Wet your hands



Apply soap



Rub your hands together
for at least 20 seconds



Wash all surfaces,
including nails, thumbs and
between your fingers



Rinse your hands
with running
tap water



Carefully dry
your hands



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CONSEIL CRI DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY

For more information
in English and Cree on the COVID-19
(Coronavirus) visit our website :

creehealth.org/coronavirus

