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

ᖃᐧ ᒋᔕᑖᐸᐅᒋᐦᖃᓯᓐ

CHE CHISHTÂPÂUCHIHCHEYIN

WASH
YOUR HANDS

1

Wet your hands

2

Apply soap

3

Rub your hands together for at least 20 seconds

4

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

5

Rinse your hands with running tap water

6

Carefully dry your hands

ᒥᔪᐃᒫᑎᓱᐅᓐ ᐊᓈᓈᑭᒋᐦᑖᑭᓄᑦ
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

VSN-B2 20200313-SC