

# Thank you for supporting our Market and Ontario farmers

## HELP PREVENT COVID-19

### You are welcome at our Market if you:

- Have **no** symptoms (fever, cough, runny nose, sore throat or shortness of breath).
- Have **not** travelled outside of Canada in the past 14 days.
- Have **not** been in close contact with a confirmed or probable case of COVID-19.

Please remember to practice social distancing and keep 2-meter (6 feet) space between you and others.



Please wash your hands before you begin shopping and again if you handle cash, cough, sneeze, blow your nose or touch your face.

Try to make your purchases as quickly as you can.

Do not touch the products - ask the vendor to chose them and package them for you.



## Coronavirus Disease 2019 (COVID-19)

# How to wash your hands



Wash hands for at least 15 seconds

1



Wet hands with warm water.

2



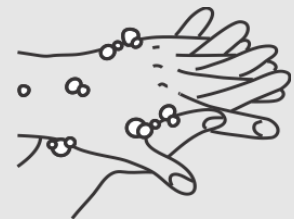
Apply soap.

3



Lather soap and rub hands palm to palm.

4



Rub in between and around fingers.

5



Rub back of each hand with palm of other hand.

6



Rub fingertips of each hand in opposite palm.

7



Rub each thumb clasped in opposite hand.

8



Rinse thoroughly under running water.

9



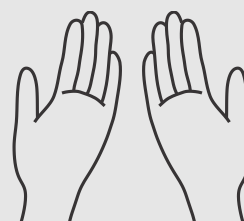
Pat hands dry with paper towel.

10



Turn off water using paper towel.

11



Your hands are now clean.

# How to use hand sanitizer



Rub hands for at least 15 seconds

1



Apply 1 to 2 pumps of product to palms of dry hands.

2



Rub hands together, palm to palm.

3



Rub in between and around fingers.

4



Rub back of each hand with palm of other hand.

5



Rub fingertips of each hand in opposite palm.

6



Rub each thumb clasped in opposite hand.

7



Rub hands until product is dry. Do not use paper towels.

8



Once dry, your hands are clean.

## Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for hand hygiene in all health care settings [Internet]. 4th ed. Toronto, ON: Queen's Printer for Ontario; 2014. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-hand-hygiene.pdf?la=en>

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