Prevention is the best way to protect yourself and the campus community from COVID-19.

**WASH**
Wash your hands frequently – for at least 20 seconds.

**COVER**
Use tissues when you cough or sneeze and dispose of them immediately, use your elbow if a tissue not available.

**AVOID**
Do not touch surfaces and then your mouth, eyes or nose.

**DISTANCE**
Practice social distancing by not shaking hands, hugging, etc.

**ISOLATE**
Stay home if you become ill and prevent the spread of the illness.

For the latest information on COVID-19, visit [usask.ca/updates](http://usask.ca/updates)