



COVID-19 INFORMATION

WASH AND SANITIZE YOUR HANDS



BEFORE

- putting on your mask
- removing your mask
- entering child care
- entering your classroom
- eating
- leaving child care

AFTER

- removing your mask
- sneezing or coughing
- using shared equipment
- using the washroom and water fountain

[OttawaPublicHealth.ca/
ChildcareCOVID19](https://OttawaPublicHealth.ca/ChildcareCOVID19)

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