

# HELP PREVENT THE SPREAD OF COVID-19



British Columbia  
Pharmacy Association

## 请帮助阻止新冠肺炎的传播

### Symptoms of COVID-19 新冠肺炎的症状



**Fever**  
发热



**Cough**  
咳嗽



**Shortness of Breath**  
呼吸困难

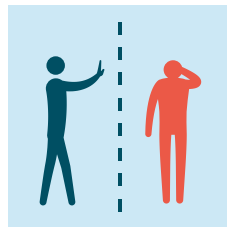
Symptoms may take 14 days to appear after contact.  
接触病毒后可能需要14天才会出现症状。

### Tips to prevent the spread of COVID-19

#### 阻止新冠肺炎传播的小贴士



**Wash your hands with water and soap for 20 seconds**  
用水和肥皂洗手20秒钟



**Avoid contact with sick people**  
避免与病人接触



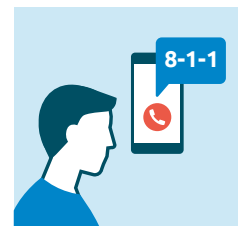
**Don't touch eyes, nose or mouth with unwashed hands**  
不要触摸眼睛、鼻子或嘴巴



**Avoid travelling**  
避免旅行



**Stay at home**  
呆在家里



**Call 8-1-1 or your primary care physician if you are sick**  
如果生病请致电8-1-1