

What precautions can you take against the coronavirus?

HOW TO PREVENT CONTAMINATION



- ✓ **Keep sufficient distance between yourself and colleagues** (at least 1 m).
- ✓ **Wash your hands regularly** with soap and water or use hand sanitiser gel.
- ✓ **Sneeze or cough into the crook of your elbow** or - even better - use a paper handkerchief and throw it away immediately.
- ✓ **Avoid contact** with people who have a fever or a cough.
- ✓ **Stay at home if you are sick** and (possibly) have come into contact with the virus. Call your doctor for advice.



- ✗ **Avoid touching your face** with your hands whenever possible.
- ✗ **Avoid shaking hands or kissing cheeks.**
- ✗ **Avoid close contact** with people who are ill.