Protective Measures against the coronavirus (COVID-19)

• **Wash your hands frequently!**
  Regularly and thoroughly wash your hands with soap or clean them with a disinfectant.

• **Maintain social distancing!**
  Maintain at least 1 metre (3 feet) distance between yourself and all other persons who are coughing or sneezing.

• **Do not touch eyes, nose and mouth!**
  Hands can pick up viruses and transfer the virus to your face!

• **Practice respiratory hygiene!**
  Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze and dispose of the used tissue immediately.

• **If signs and symptoms occur, do not leave your home and contact health care professionals or emergency services by phone.**
  Health advice hotline: 1450