

## 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**