

AVOID BEING INFECTED AND INFECTING OTHERS



WASH YOUR HANDS FREQUENTLY

Wash your hands with soap and warm water several times during the day. Always wash your hands before meals and after visiting the toilet. Infectious virus contaminants can easily stick to hands and other surfaces, such as door handles. The infection spreads further with hand-to-hand contact.



COUGH AND SNEEZE INTO THE CREASE OF YOUR ARM

When you cough and sneeze, small drops are spread containing infectious contaminants. Sneeze into a handkerchief or in the crease of your arm to prevent spreading infectious germs into the air or contaminating your hands. Also, avoid bringing your hands in to contact with your face or eyes.



STAY AT HOME IF YOU FEEL ILL

Stay at home if you are ill or showing symptoms of illness. In doing so you avoid infecting others using public transport, in the workplace, school and pre-school or wherever you may come in contact with other people.

