



COVID-19

CORONAVIRUS

How to protect yourself and others

How to protect yourself

- **Avoid touching your face**

The virus can enter your body via your eyes, nose and/or mouth, so it is important to avoid touching your face with unwashed hands.

- **Wash your hands**

Frequent washing of hands with soap and water for at least 20 seconds, or cleaning hands thoroughly with alcohol-based solutions, gels or tissues is recommended in all settings.

- **Stay away from infected persons**

Avoid having close contacts with people infected with COVID-19.

- **Avoid social gatherings**

Avoid physical meetings, events and other social gatherings in areas with ongoing community transmission, and follow local recommendations applicable to mass gatherings.

- **Use a face mask**

Wear a face mask indoors and outdoors whenever physical distancing with other people cannot be guaranteed.

How to protect others



- **Use a face mask**

If you are infected, the use of a medical face mask reduces the risk of you infecting other people.

If you are healthy, the use of a medical face mask when visiting busy, closed places reduces the spread of the infection in the community. Always follow local recommendations regarding the use of masks in public spaces.

- **Cough and sneeze etiquette**

Cough or sneeze into your elbow or use a disposable tissue. If you use a tissue, dispose of it carefully after a single use and then wash your hands.

- **Stay at home if you are sick**

If you feel unwell, stay at home. If you develop any symptoms suggestive of COVID-19, call your healthcare provider for advice immediately.

- **Keep physical distancing**

Physical distancing' means physically staying apart from other people. Maintain social contact with friends, family and colleagues from a distance instead.

- **Self isolation**

Self-isolate if you know you are infected with COVID-19, or if you have any symptoms of an acute respiratory infection like a cough, fever, sore throat or runny nose.

Travellers

If you are planning to travel, follow the local recommendations, and:

- Do not travel if you have the following symptoms: fever, cough, sore throat or other symptoms of COVID-19.
- Practice physical distancing at airports, railway stations, on trains, buses, etc.
- Wear a medical face mask to protect yourself and your fellow passengers at airports and railway stations, as well as during flights, on trains, buses, etc.
- If you feel ill while travelling, inform the crew and seek immediate medical advice, ideally by first telephoning your healthcare provider.
- When travelling, wash your hands with soap and water regularly, and/or use alcohol-based hand sanitisers; avoid touching your face with unwashed hands; and avoid contact with sick persons, especially if they have symptoms such as fever or a cough.
- If you have symptoms like a cough, fever, sore throat or similar within 14 days after returning home, seek immediate medical advice, ideally by first telephoning your healthcare provider.

It should be emphasised that older people and those with underlying health conditions should take these precautionary measures very seriously.

Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



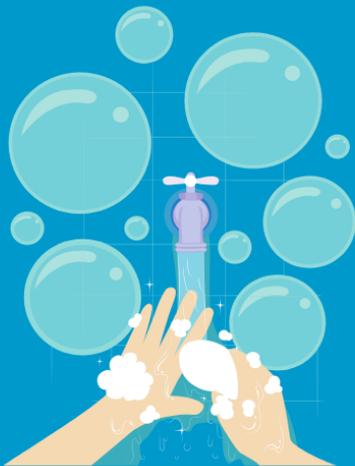
Throw tissue into closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



HOW TO PROTECT YOURSELF FROM COVID-19

HOW THE COVID-19 VIRUS SPREADS

DO THIS TO PROTECT YOURSELF AND OTHERS

