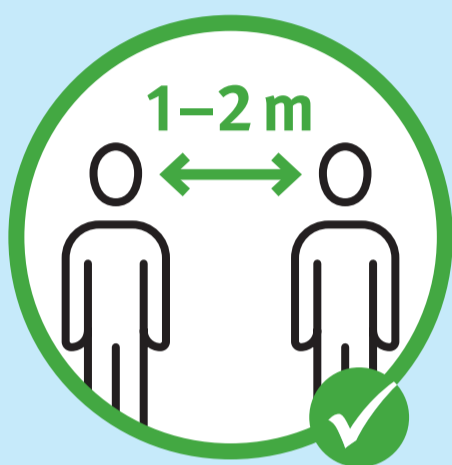


## CORONAVIRUS

# General Protective Measures



Maintain a distance  
of 1.5 m from others!



Wash your hands regularly and  
thoroughly with **soap and water**  
for **20 seconds**, especially  
after going to the toilet and before  
consuming any food.



Cough and sneeze into the  
**inside of your elbow**  
or **handkerchief**,  
not into your hand.



Do not touch your face  
with your hands.



Do not shake hands.



Avoid face-to-face meetings.  
Use telephone and video  
conferencing instead.



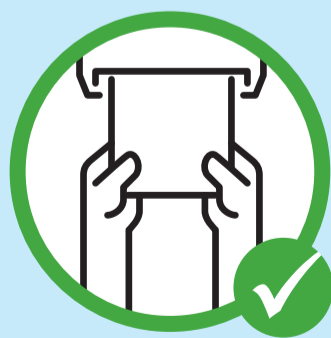
Avoid buses and trains to  
protect against infection.  
Use a bike and car instead.



Stay at home if you  
have a cough and high  
temperature.



If you suspect you might have the  
virus, only go to the doctor after  
making an appointment first.



Separate use of hygiene  
articles and towels.



Thoroughly clean  
contaminated contact  
surfaces at work (e.g. toilets,  
workplace) and disinfect if  
necessary.