

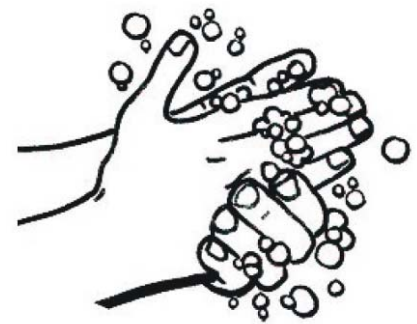
Don't spread sickness!



Wash your hands

1

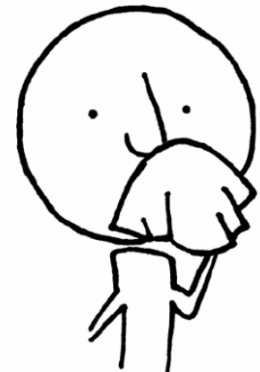
Wash regularly with soap for at least 10-20 seconds. Do it after you sneeze or cough, after you use the bathroom, before you eat, and before you touch your eyes, nose or mouth.



Cover your cough

2

When you cough or sneeze, cover it with a tissue or with the back of your sleeve. In some cases, you may need to wear a mask to protect others. Always throw used tissues in the bin.



Stay at home if you feel sick

3

Rest at home until you feel better. Avoid seeing too many other people.

