



THE CORONAVIRUS

How to prevent an infection?



Wash your hands regularly and thoroughly with water and soap for about 40 to 60 seconds.



Cough or sneeze into a paper tissue or cough into your elbow.



Use paper tissues and throw them away in a bin with a lid.



Stay at home if you are ill.



Avoid touching your face with your hands.



Try to avoid shaking hands.



Avoid close contact with people who are ill.

TAKE CARE OF YOURSELF AND OF OTHERS.