NEW

PROTECT YOURSELF AND OTHERS

Keep your distance.
For example:
• Protect the elderly by keeping a safe distance.
• Keep your distance from others in a queue.
• Keep your distance at meetings.

STILL IMPORTANT:

Wash your hands thoroughly.

Avoid shaking hands.

Cough and sneeze into a tissue or the crook of your arm.

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

Always call ahead before going to the doctor’s or the emergency department.

www.foph-coronavirus.ch