

Coronavirus

Hygiene measures



Avoid direct physical contact (shaking hands, embracing).



Keep your distance – particularly to people with breathing difficulties or coughs.



Avoid sneezing or coughing into your hands, use the inside of your elbow instead.



Wash your hands regularly for at least 30 seconds or disinfect them.



Use disposable tissues and immediately dispose of them in a covered bin.



Keep your medical face mask worn tightly to completely cover mouth and nose.

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