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.

Regularly wash your hands thoroughly for at least 30 seconds.

Disinfect your hands if there is no opportunity to wash your hands.

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

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