



## How to protect yourself and others

### What symptoms does the new corona virus cause?

- Fever
- Cough
- Trouble breathing

### What should you do if you show symptoms?

- Stay home and rest.
- Do not meet other people.
- If you only have a slight fever and cough, you do not need to see a doctor.
- You only need help from a doctor if you are very sick.
- Do **not** go to a doctor or hospital without an appointment. Always call first.
- There is no medication for the disease, however, there is medication for the symptoms (cough, fever).
- If you are seriously ill, you must go to hospital. But you need to make an appointment first. You may need artificial respiration.

## Wash your hands

It is important that you wash your hands properly. Follow these instructions:



- Get your hands wet.
- Use soap.
- Rub your hands until there is foam.
- Spread the foam all over your hands, also between the fingers and under the fingernails (20 seconds).
- Rinse your hands thoroughly with water.
- Dry your hands thoroughly.



It is important that you wash your hands often.

- Before meals
- After blowing your nose, sneezing, coughing
- If you have been on a train or bus.
- If you have used the bathroom.
- When you return home.

## Do not shake hands

Hands are not always clean. That is why you must not shake hands with anyone.



## Cough or sneeze into a handkerchief or the crook of your arm

- Hold a tissue against your nose and mouth when coughing or sneezing,
- Or Cough and sneeze into the crook of your arm.
- Blow your nose into a tissue. Do **not** use a cloth handkerchief.
- Use a tissue only once. Then throw it into the rubbish bin.



## Keep your distance to other people

- Always keep your distance to other people, preferably at least two meters.
- If you greet other people, do **not** give kisses.
- Do not hug anyone.



**We wish you good health!**

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