

Protect yourself and others from spread of infection



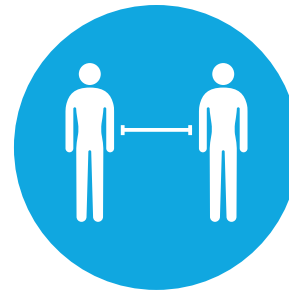
**Wash your hands often
with soap and hot water
for at least 30 seconds**



**Stay at home if you feel
unwell, even if you only
feel slightly unwell**



**Cough and sneeze
into your elbow**



**Keep your distance to others
– even your friends**



**Avoid touching your eyes,
nose and mouth**



**Stay at home if you are
older than 70 years**