

BASIC PROTECTIVE MEASURES AGAINST THE NEW CORONAVIRUS



1. WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water and avoid touching eyes, nose and mouth.

Wash your hands:

- after coughing or sneezing
- before, during and after preparing food
- before eating
- after toilet use
- after handling animals or animal waste



2. DON'T GET TOO CLOSE

Keep at least one metre distance between yourself and anyone who is coughing or sneezing. This also means NO handshakes, NO high fives and NO fist pumps



3. PROTECT OTHERS FROM GETTING SICK

Make sure you:

- Cover your mouth and nose with your bent elbow or a tissue when you cough and sneeze
- Throw tissues into a closed bin immediately after use
- Clean your hands with an alcohol-based hand rub or wash them with soap and water after coughing or sneezing



IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE IMMEDIATELY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority. Students or staff with these symptoms should stay away from school until they have seen a doctor.
