

COVID-19 (CORONA VIRUS)

PROTECT YOURSELF AND OTHERS

SYMPTOMS OF THE CORONA VIRUS

Headache

Sore Throat

Cough

Fever

Shortness of breath



IF YOU EXPERIENCE ANY SYMPTOMS

Stay at home

Notify your superior

Notify a doctor

Get tested for COVID-19



Cough or sneeze into a tissue or flexed elbow



Dispose of used tissues properly directly after use



Avoid touching eyes, nose or mouth



Wash hands regularly with soap and water



Clean often used surfaces regularly



Avoid physical contact or greetings



Maintain 1M distance during face-to-face conversation



Wear a mask ONLY if you believe you are infected



Avoid people if you are ill or infected / Avoid large crowds