

Easy steps to protect against coronavirus

➤ Limit contact with other people

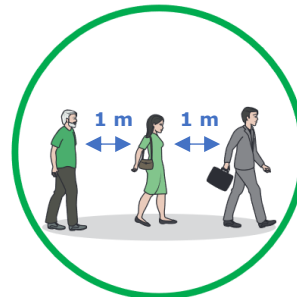
Don't shake hands



Don't kiss people



I keep a distance of at least 1 meter with the others



Don't visit people who are not well



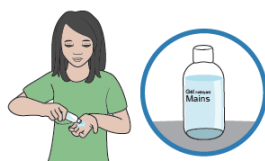
Don't share your materials



➤ Wash hands frequently with soap



You can also use
sanitiser gel



➤ Cough or sneeze

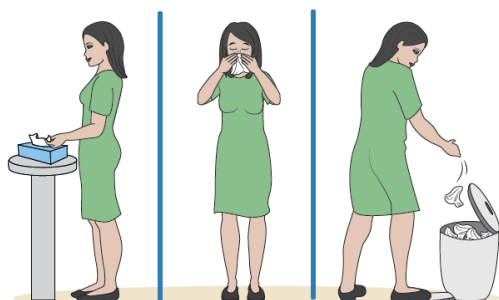
into your sleeve



Into a paper tissue



➤ Only use paper tissues once and put them in the dustbin



➤ If you have a fever or a cough, call your doctor



➤ If you find it hard to breath

call 15



or contact 114
if you have difficulties hearing or speaking



I can call 0 800 130 000 for more
information on coronavirus