Coronavirus
Prevention

Wash your hands regularly with soap for approx. 30 seconds.

Avoid shaking hands and hugging.

Additionally can use a hand sanitizer.

Wear a face mask especially if you are sick yourself.

Do not sneeze or cough your hand, but the crook of your arm. Use disposable tissues and throw away immediately.

Do not touch your face, especially your mouth, eyes and nose, with your hands.

Disposable face masks are not an effective protection against viruses and bacteria that are transmitted in the air – it is more important to wash your hands thoroughly with soap on a regular basis.

Avoid direct contact with sick people. A minimum distance of one meter (3 feet), two meters (more than 6 feet) from people suspected of being sick.