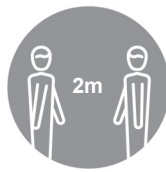




Wash your
Hands

Clean your hands regularly and thoroughly with water and soap or disinfectant. Use a hand lotion in the evening to prevent skin damage.



Keep Your
Distance

Keep at least 2m, if possible more, distance between yourself and other people.



Avoid
Physical
Contact

Avoid hand contact, such as shaking hands or hugs.



Ventilate
Regularly

Ventilate your room or office 4 times a day for about 10 minutes.



Do Not Touch
Your Eyes,
Nose or Mouth

Hands may get contaminated with viruses and then transmit them to you when you touch your face via your eyes, nose or mouth.



Respect
Cough and
Sneezing

If you cough or sneeze, cover your mouth and nose with a handkerchief and dispose of it immediately. If there is no handkerchief at hand, sneeze or cough into your elbow and not into your hand.

Thank you for protecting yourself as well as others.