

Protect yourself and others from getting sick



When coughing and sneezing cover mouth and nose with flexed elbow or tissue



Throw tissue into closed bin immediately after use



Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



Avoid close contact when you are experiencing cough and fever

Wash your hands:



after coughing or sneezing



when caring for the sick



before, during and after you prepare food



before eating



after toilet use



when your hands are visibly dirty

Thank you for your cooperation with this requirement