

PROTECT YOURSELF AND OTHERS



Keep your distance.



Recommendation: If it's not possible to keep your distance, wear a mask.



Continue to work from home if possible.



STILL IMPORTANT:



Wash your hands thoroughly.



Avoid shaking hands.



Cough and sneeze into a tissue or the crook of your arm.



Stay at home if you experience symptoms.



Always call ahead before going to the doctor's or the emergency department.

www.foph-coronavirus.ch



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Swiss Confederation

Bundesamt für Gesundheit BAG
Office fédéral de la santé publique OFSP
Ufficio federale della sanità pubblica UFSP
Uffizi federal da sanadad publica UFSP

