

If you get sick, call your doctor and follow his/her instructions.

Wear a mask when you go outside.



Cover your mouth with an elbow when you are sneezing or coughing.



Avoid close physical contacts and shaking hands.



Keep the distance of 1 metre and a half (5 feet).



Wash your hands thoroughly and use disinfectant.



Don't touch your mouth, nose and eyes.



Stay at home. Don't go in public if it's not necessary.

