CORONAVIRUS (COVID-19)

How do you protect **yourself** and **others**?

No symptoms?

Keep 1.5m apart from other people

Avoid large groups of people

Work from home if you can

Do you have symptoms of a cold (even a mild one)?

If you have even mild symptoms of a cold (sneezing, sore throat, runny nose, mild cough or slight temperature up to 38C), do the following:

Stay at home

Wash your hands regularly

Cough and sneeze into your elbow

Don't shake hands

Use paper tissues

For more information, go to: www.stigas.nl

Stigas

This poster is based on the Dutch government's poster: 'Het nieuwe coronavirus (COVID-19) in Nederland – Wat moet je doen?'

Rijksoverheid