**General Protective Measures**

- **Keep at least 1.5 m distance to others!**

- **Wash your hands regularly and thoroughly with soap and water for 20 seconds,** especially after going to the toilet and before consuming any food.

- **Cough and sneeze into the inside of your elbow or handkerchief,** not into your hand.

- **Do not touch your face with your hands.**

- **Do not shake hands.**

- **Avoid face-to-face meetings. Use telephone and video conferencing instead.**

- **Avoid buses and trains to protect against infection. Use a bike and car instead.**

- **Stay at home if you have a cough and high temperature.**

- **If you suspect you might have the virus, only go to the doctor after making an appointment first.**

- **Separate use of hygiene articles and towels.**

- **Thoroughly clean contaminated contact surfaces at work (e.g. toilets, workplace) and disinfect if necessary.**