

CORONAVIRUS (COVID-19)

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

 <p>No symptoms?</p>	 <p>Keep 1.5m apart from other people</p>	 <p>Do you have a fever? Then everyone in your house must stay at home.</p>  <p>Sneezing, sore throat, runny nose, mild cough or slight temperature up to 38C.</p>	 <p>Stay at home</p>
 <p>Avoid large groups of people</p>	 <p>Work from home if you can</p>		

			
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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

