## CORONAVIRUS COVID-19 INFORMATION AND GUIDELINES

## **HOW TO PROTECT YOURSELF?**



Wash your hands regularly and properly with water and soap.



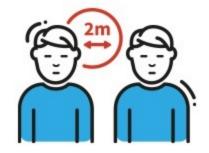
Cough or sneeze into the crease of the elbow or in a tissue.



Avoid shaking hands or kissing.



Avoid touching your face with your hands.



Avoid close contact with sick people.



Restrict your interpersonal contact and travel to what is necessary.

## WHAT ARE THE SYMPTOMS?







Symptoms resemble those of the flu. The infection remains mild for the majority of cases.

## **HOW DOES THE VIRUS SPREAD?**



The virus is spread via respiratory droplets expelled when a person coughs or sneezes.

**FOR INFORMATION: %** 8002 - 8080

IN CASE OF EMERGENCY: 112





