

What can I do to protect myself and others from coronavirus?

Wash your hands often and dry them properly

Why? Washing your hands with soap and water or using an alcohol-based disinfectant gel eliminates the virus if it is on the hands. Use paper or cotton roll hand towel to dry your hands – as they remove 99,9 % of bacterial on your hands* (*Hjelt Institute)



Rehearse proper respiratory hygiene

Why? Proper covering of the mouth and nose during coughing and sneezing prevents the spread of bacteria and viruses. If you sneeze or cough, use tissue, otherwise you may contaminate objects or people you touch



Maintain social distance

Why? When someone who is infected with respiratory diseases such as 2019-nCoV, coughs or sneezes, they project small drops containing the virus. If you are too close, you can inhale the virus

Do not touch your eyes, nose and mouth

Why? Hands touch many surfaces that can be contaminated with the virus. If you touch your eyes, nose or mouth with contaminated hands, you can transfer the virus from the surface to yourself



Stay home if you feel bad

Why? If you feel bad, there is a great risk that your colleagues will get sick as well. Whenever you have fever, cough and difficulty breathing, it is important to seek medical advice immediately as this may be due to respiratory infection or other serious condition



Source: World Health Organization (WHO)