

Protect yourself and other

Keep yourself and others safe: Do it all!

- Get vaccinated as soon as it's your turn and follow local guidance on vaccination.
- Keep physical distance of at least 1 metre from others, even if they don't appear to be sick. Avoid crowds and close contact.
- Wear a properly fitted mask when physical distancing is not possible and in poorly ventilated settings.
- Clean your hands frequently with alcohol-based hand rub or soap and water.
- Cover your mouth and nose with a bent elbow or tissue when you cough or sneeze. Dispose of used tissues immediately and clean hands regularly.
- If you develop symptoms or test positive for COVID-19, self-isolate until you recover.



Wear a mask properly

- Make sure your mask covers your nose, mouth and chin.
- Clean your hands before you put your mask on, before and after you take it off, and after you touch it at any time.

- When you take off your mask, store it in a clean plastic bag, and every day either wash it if it's a fabric mask or dispose of it in a trash bin if it's a medical mask.
- Don't use masks with valves.

COVID-19