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ANNEX

**ANNEX**

*to the*

**COMMUNICATION FROM THE COMMISSION TO THE EUROPEAN  
PARLIAMENT AND THE COUNCIL**

**Staying safe from COVID-19 during winter**

## ANNEX – Infographic: Non-Pharmaceutical measures, ECDC<sup>1</sup>

### COVID-19

#### Non-pharmaceutical interventions

(NPI) are actions that people and communities can take to help slowing down the spread of viruses such as SARS-CoV-2. Such community mitigation strategies, ranging from individual actions such as regularly practising good hand hygiene to more restrictive measures like limiting size of gatherings, should ideally be implemented in combination and applied at the same time.

The mix of chosen NPI should differ based on the local transmission situation.

It can take several weeks before any implemented NPI might show an effect.

More on NPI and how to apply them:  
[http://bit.ly/COVID19\\_NPIs](http://bit.ly/COVID19_NPIs)

#### 1 WHAT EVERYONE OF US CAN DO



Physical distancing



Strict hand hygiene



Respiratory etiquette



Appropriate use of face masks, in areas where physical distancing is not possible

#### 2 POSSIBLE ACTIONS WHEN THERE IS COMMUNITY SPREAD



Stay at home if you have COVID-19 compatible symptoms



If you had direct contact with a COVID-19 case, stay at home and self monitor



Ideally, meet with the same people, whether family friends or co-workers



Limit the size of gatherings, eventually close selected businesses



Work from home where possible



Regular cleaning of frequently touched surfaces and objects



Ensure appropriate ventilation of indoor spaces

#### 3 CONSIDERATIONS IN THE EVENT OF WIDESPREAD TRANSMISSION



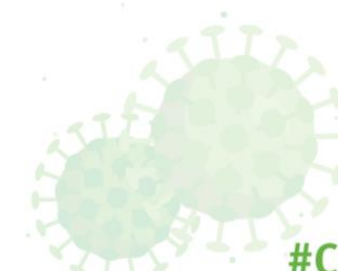
Stay-at-home policy



Population-wide testing strategies in local settings with high incidence



Considering closure of schools and educational settings



#COVID19

<sup>1</sup> <https://www.ecdc.europa.eu/en/publications-data/covid-19-guidelines-non-pharmaceutical-interventions>