



# RULES FOR ARRIVING HOME

## ACTIONS AGAINST COVID-19



1



When you arrive at home,  
don't touch anything.

2



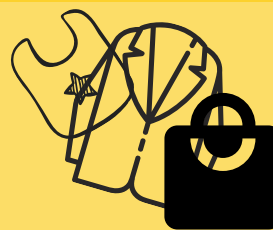
Take off your shoes.

3



Disinfect legs and paws of  
your dog.

4



wash above 140°F,  
use bleach if  
possible

Take off your outer wear  
and put it in a bag.

5



Leave your wallet, keys, etc. in  
a box next to the entrance door.

6



hands, wrist,  
face, neck, etc.

In case you can't take a  
shower, wash thoroughly.

7



Wash your phone and glasses with  
soapy water or alcohol.

8

use  
bleach or  
soapy  
water



don't  
forget to  
wear  
gloves

Disinfect things you brought in  
from the outside.

9



Take off and dispose your  
gloves, wash your hands.

10



Don't forget, disinfection won't ever be  
perfect, but decreasing risks can help a  
lot.



# RULES IN CASE YOU LIVE WITH SOMEONE WITH RISK FACTORS

## ACTIONS AGAINST COVID-19



1



**Do not share a bed.**

2



5 tablespoons  
bleach per  
gallon of  
water

**Use separate toilets, disinfect often.**

3



**Don't share towels, glasses, utensils, etc.**

4



switches, desks, chairs, handles, etc.

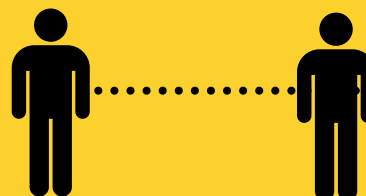
**Clean and disinfect surfaces that are used often.**

5



**Wash clothes, towels and linen often.**

6



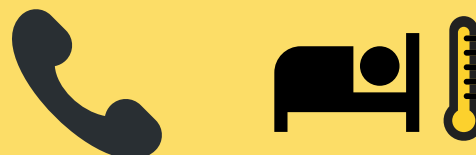
**Keep distance. No hugs, none whatsoever.**

7



**Vent the rooms often.**

8



**In case someone has a 100°F fever and respiratory distress, call emergency.**

9



**Don't break the 2 weeks quarantine, otherwise you will have to start over.**



# RULES FOR OUTSIDE

ACTIONS AGAINST COVID-19

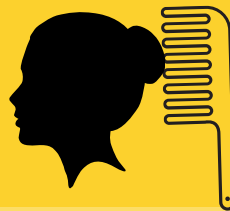


1



Whenever you leave, wear a long sleeved coat.

2



Roll up your hair, don't wear jewellery.

you'll touch your face less often this way

3



If you have a mask, put it on right before leaving.

4



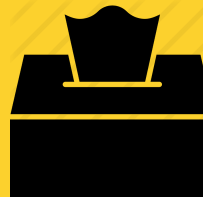
Avoid public transport if possible.

5



Keep your pet from rubbing anything outside.

6



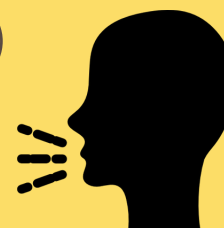
Take a few tissues in case you need to grab something.

7



Collect the tissues in a bag, throw them in the bin.

8



Sneeze and cough in your elbow - not in your hands or into air.

9



Don't use cash. If you have to, disinfect your hands afterwards.

10



Wash or disinfect your hands after touching any object or surface.

11



Do not touch your face.

12



Keep a safe distance from people.

at least 6 feet