General Protective Measures

- Keep at least 1.5 m distance to others!
- Wash your hands regularly and thoroughly with soap and water for 20 seconds, especially after going to the toilet and before consuming any food.
- Cough and sneeze into the inside of your elbow or handkerchief, not into your hand.
- Do not touch your face with your hands.
- Do not shake hands.
- Avoid face-to-face meetings. Use telephone and video conferencing instead.
- Avoid buses and trains to protect against infection. Use a bike and car instead.
- Stay at home if you have a cough and high temperature.
- If you suspect you might have the virus, only go to the doctor after making an appointment first.
- Separate use of hygiene articles and towels.
- Thoroughly clean contaminated contact surfaces at work (e.g. toilets, workplace) and disinfect if necessary.