

# Tips for prevention of COVID-19

## Are you going out?

Follow these important tips



If possible, wear long-sleeved clothing to protect your body.



If you can, avoid public transport. If you need to, don't forget to wash your hands before and after commuting and don't touch your face on the way.



If you have a cold or a cough, put on a mask before going out.



Take disposable wipes to use in elevators and to touch objects.



Crumple up the disposable wipes, put them in a closed bag and put them in the dustbin.



When coughing or sneezing, cover your face with your arm or with tissues, instead of using your hands.



Avoid using paper money or coins. If necessary, clean your hands immediately afterwards.



Wash or sanitize your hands after touching any objects or surfaces.



Don't touch your face before cleaning your hands.



Tie your hair up. Avoid earrings, rings and bracelets. If you wear them, clean them up as soon as you get home.



Keep away from other people for now.

All of this will soon pass.