**PROTECT YOURSELF AND OTHERS**

**Keep your distance.**

**Recommendation: If it's not possible to keep your distance, wear a mask.**

**Continue to work from home if possible.**

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**STILL IMPORTANT:**

- Wash your hands thoroughly.
- Avoid shaking hands.
- Cough and sneeze into a tissue or the crook of your arm.
- Stay at home if you experience symptoms.
- Always call ahead before going to the doctor’s or the emergency department.

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[www.foph-coronavirus.ch](http://www.foph-coronavirus.ch)

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Swiss Confederation

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Bundesamt für Gesundheit BAG
Office fédéral de la santé publique OFSP
Ufficio federale della sanità pubblica UFSP
Uffizi federal da sanadad publica UFSP