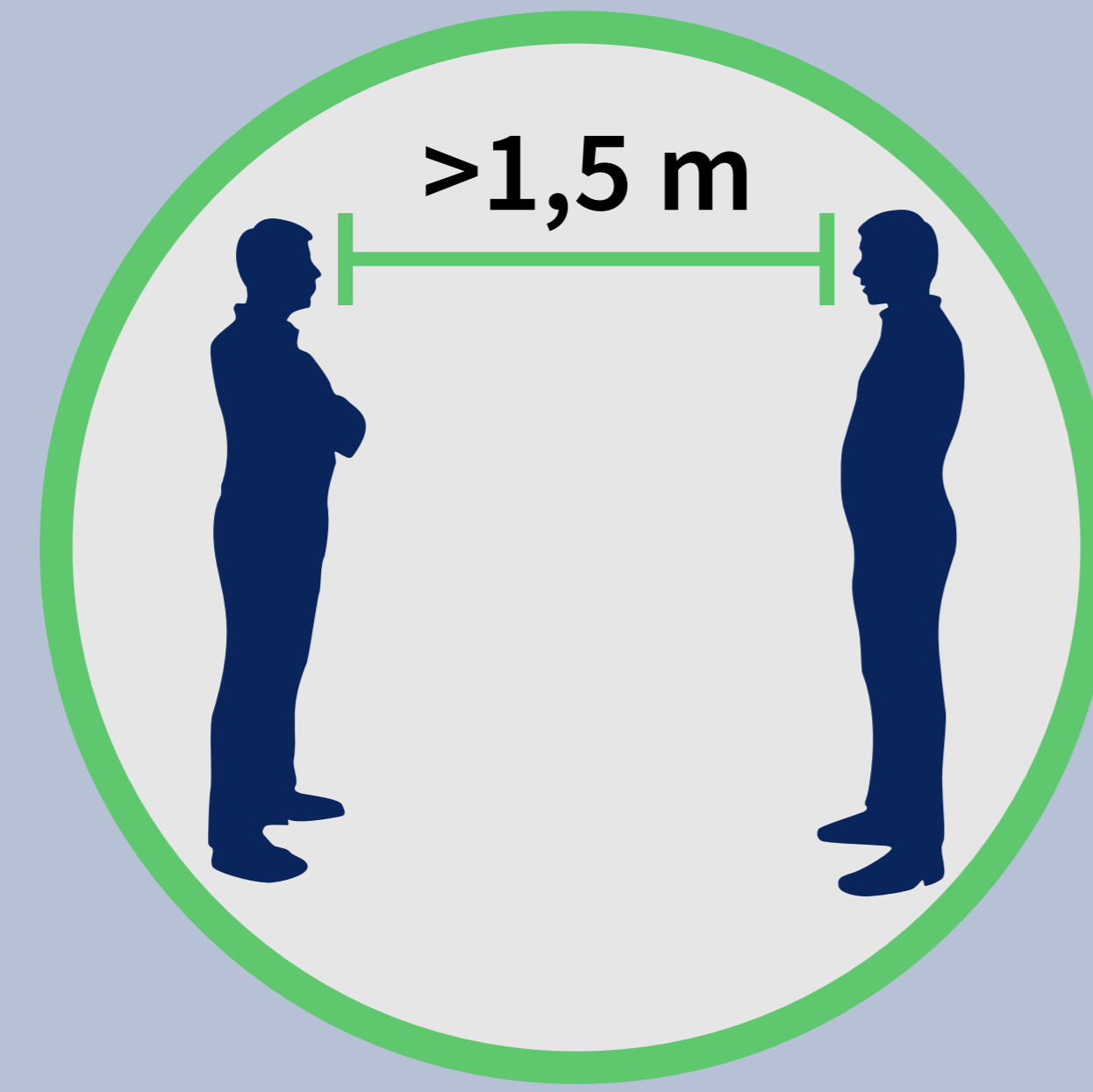


8 Do's and Don'ts During the COVID-19 Pandemic



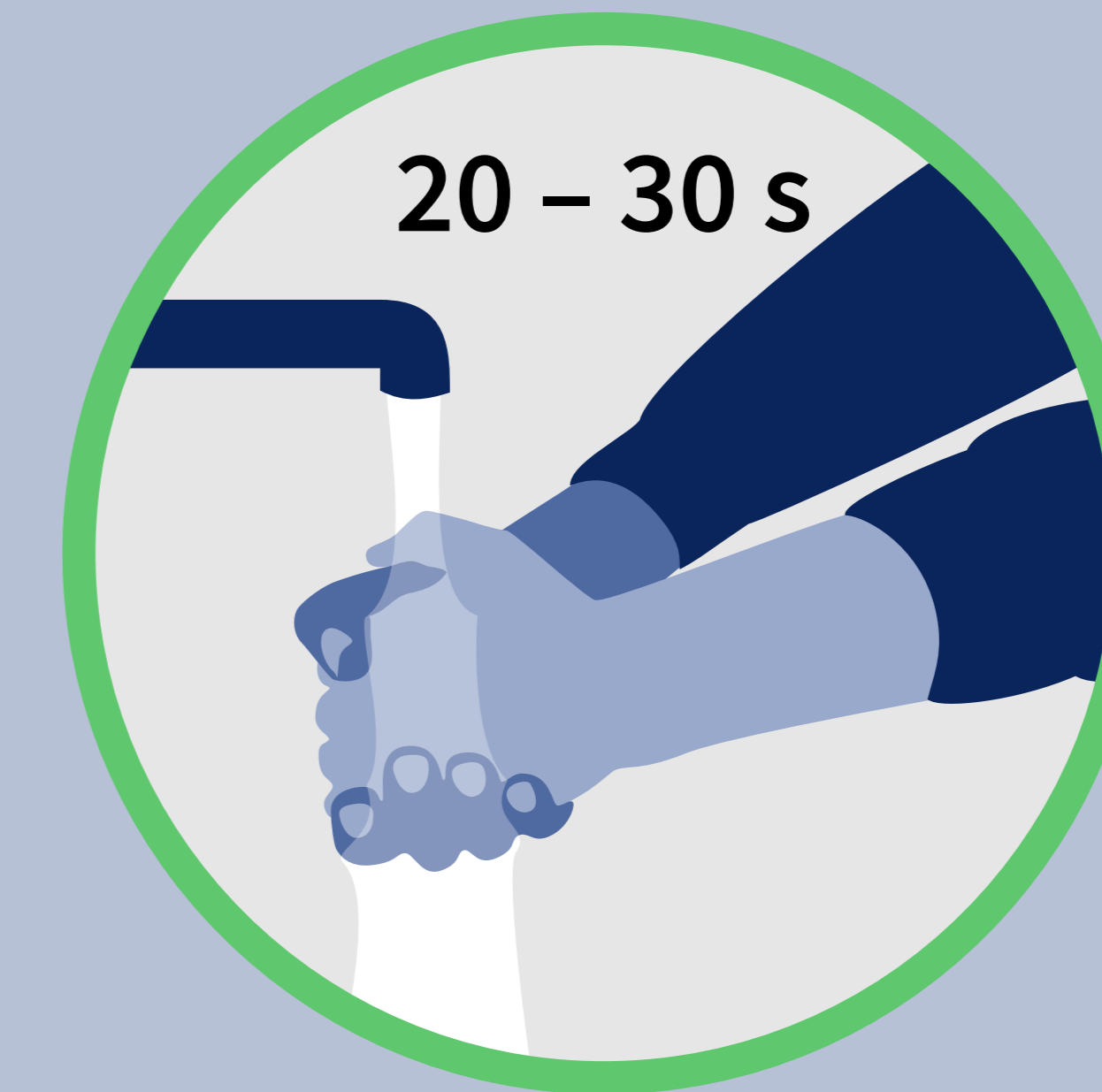
Keep a distance of at least 1.5 m between yourself and others.



Don't shake hands. Greet others with a wave, a nod or a bow.



Cover your mouth and nose with a tissue or your elbow when you cough or sneeze.



Wash your hands frequently with soap and water for at least 20 seconds.



Avoid unnecessary social contact. Stay at home.



Don't buy more than you need.

Offer your help to others.



If you develop flu-like symptoms, get in touch with your doctor by phone before going to his or her office.



When staying at home, try to keep calm. Be supportive and kind.