**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.**