

For your health



Wash your hands

- ✓ Wash your hands several times a day, very thoroughly with soap and water.
- ✓ Dry your hands carefully with a clean towel after washing.
- ✓ Then disinfect your hands thoroughly.

Avoid contacts

- ✓ Avoid touching the mucous membranes around your eyes, mouth and nose.
- ✓ Refrain from shaking hands and keep your distance from people with symptoms such as cough, colds, fever, breathing difficulties.

See a doctor

- ✓ Consult with a doctor immediately if you suspect you may have contracted a virus or the flu.

Stay healthy!