

# Prevent the spread of COVID19

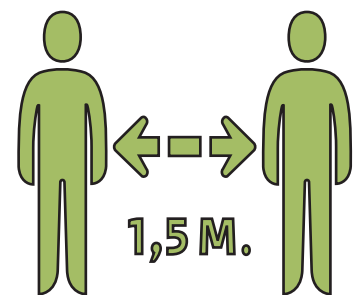
**Wash your hands regularly with soap or a disinfectant**



**Use paper towels and throw them away after use**



**Keep 1,5 meter distance from others**



**Cough and sneeze on the inside of your elbow**



**Avoid close contact with anyone who has a fever or a cough**



**Don't shake hands and avoid touching your face as much as possible**

