

CORONAVIRUS GUIDANCE

COVID-19

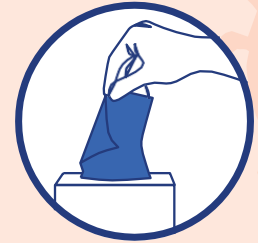
HOW CAN YOU PROTECT YOURSELF AND OTHERS



Regularly wash your hands with soap and water or use an alcohol-based hand sanitiser



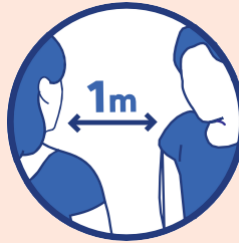
Cough or sneeze into your elbow or a tissue



Wipe or blow your nose using a disposable, single-use tissue then put it immediately in the bin



Avoid touching your face



Maintain at least 1 metre distance between yourself and others



Greet others without shaking hands and avoid hugging and kissing



In addition to these measures, wear a mask when a 1-metre distance cannot be maintained



[GOUVERNEMENT.FR/INFO - CORONAVIRUS](https://www.gouvernement.fr/info-coronavirus)



+33 (0) 800 130000
(toll-free hotline number)