



## IMPORTANT INFORMATION

**Although everyday life may seem normal, coronavirus infection is still among us.**

**And the infection rate rises when we are not careful.**

**Therefore, here is the most important advice on what to do in order to take care of yourself and others.**

**If you have any questions, please call our hotline.**

**70 20 02 33**

### Distance

- Avoid shaking hands and hugging.
- Keep a 1-metre minimum distance from people you do not live with.

This applies, for example, when you are out shopping, when you pick up your children, when you are at work, and when you attend social occasions or see friends.

### Hand hygiene

- Wash your hands for one full minute or use hand sanitiser.
- Do this when you go to and from your home, your workplace, or anywhere else.
- Do this when you are preparing to cook, before you eat, and after you blow your nose and of course – as you normally do – after you have been to the toilet.

### Stay at home

#### when you are unwell

- Stay at home if you feel unwell – e.g. if you have a fever, a sore throat, or cough.
- Contact your doctor or call 1813 to find out whether you should be tested for coronavirus.

### Airing out

- Open windows and doors for 10 minutes in the morning, at noon, and in the evening.