

COVID-19

Coronavirus Disease 2019

WHEN RESTRICTIONS ARE RELAXED AVOID THE 3 C'S!



1 **CLOSED** spaces with poor ventilation



2 **CROWDED** places with many people nearby



3 **CLOSE-CONTACT** settings such as close-range conversations

The risk of infection and outbreaks increases when the 3 C's overlap.

PROTECT YOURSELF AND OTHERS



Clean your hands frequently



When coughing or sneezing, cover your mouth and nose with the inner crease of your elbow or with a disposable tissue



Do not touch your mouth, nose and eyes with unclean hands



Disinfect objects and surfaces that are used by many people



Keep a distance of at least 1 meter from other people



Use a face covering according to local recommendations

Stay cautious. Together we can prevent new cases and outbreaks of COVID-19.