



HILFSWERK

CORONAVIRUS PROTECTIVE MEASURES



Frequent hand washing

Use soap or a disinfectant to clean your hands regularly and thoroughly (at least 30 seconds).



Keep distance

Make sure that there is a distance of at least one meter between you and other people.



Avoid contact

Refrain from shaking hands, hugging and welcome kisses.



Reduce personal contacts

Avoid contact with risk groups (60+ or sick people, people with previous illnesses and pregnant women) and restrict social contacts.



Do not touch your face

Touching the eyes, nose or mouth can transmit viruses in the face via the hands.



Observe breathing hygiene

Cough or sneeze into the crook of your elbow or into a handkerchief, which should be disposed of immediately.



In case of illness

If you have a fever, cough, cold etc., it is essential that you stay at home.



When am I a suspect?

If you have flu-like symptoms (e.g. cough, fever, breathing problems) AND were in a risk area or had contact with a confirmed case in the 14 days before the symptoms appeared, please call federal health facilities! Follow their instructions.