

# Here's how to protect yourself and others



## 1 WASH YOUR HANDS

Wash your hands several times a day, also between the fingers, with soap for 30 seconds.



## 2 COUGH HYGIENICALLY

Make sure you keep your distance from other people when you cough or sneeze.

Use a tissue, dispose of it in the trash after use and then wash your hands. If you don't have a tissue handy, cough or sneeze into the crook of your elbow and not into your hands. This will prevent the virus from spreading through your hands.



## 3 WATCH FOR SYMPTOMS

Symptoms are sudden **fever** above 38°C, accompanied by flu symptoms such as:

- cold, cough;
- shortness of breath;
- difficulty breathing.



## 4 IN CASE OF ILLNESS, STAY AT HOME

If you have one or more of the symptoms listed above, stay home. This will help you avoid spreading the disease.



## 5 WHEN SHOULD YOU CONTACT A DOCTOR?

Do not go directly to your doctor or to the emergency room, afin to avoid contamination of other people. Contact the **Inspection Sanitaire on +352 247 85650 or via 112** to see how to proceed.

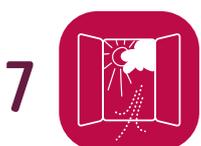
You should contact them in the following cases:

- You belong to a risk group: elderly people, people with a chronic disease (e.g. asthma).
- You have a high fever, severe breathing difficulties or severe aches.



## 6 PROTECT YOUR FAMILY MEMBERS IF YOU ARE SICK.

- Pay particular attention to the hygiene measures listed above.
- Refrain from body contact such as hugging, kissing and kissing, handshakes, etc.
- Clean surfaces used in common with soap or a hydro-alcoholic solution, especially in the kitchen and bathroom.
- If possible, wear a nasal-mouth mask if you are in close contact with other people. This reduces the viruses released into the air. Change your mask as soon as it becomes wet, at least every 2 to 3 hours, and dispose of it directly in the trash. Then wash your hands.



## 7 REGULARLY VENTILATE CLOSED ROOMS

Ventilate the closed rooms 3 to 4 times a day for 10 minutes.



## 8 KEEP YOUR DISTANCE AND AVOID CROWDED AREAS.

Protect yourself and others and keep your distance from other people.

Renounce handshakes or hugs as a greeting.