How do you protect yourself and others?

**No symptoms?**
- Keep 1.5m apart from other people
- Avoid large groups of people
- Work from home if you can

**Stay home and get tested**
- Sneezing, sore throat, runny nose, mild cough or slight temperature up to 38°C.

**Do you have a fever?**
- Then everyone in your house must stay at home.

- Wash your hands regularly
- Cough and sneeze into your elbow
- Don’t shake hands
- Use paper tissues

For more information, go to: www.stigas.nl

This poster is based on the guidelines issued by the RIVM (Dutch National Institute for Public Health).