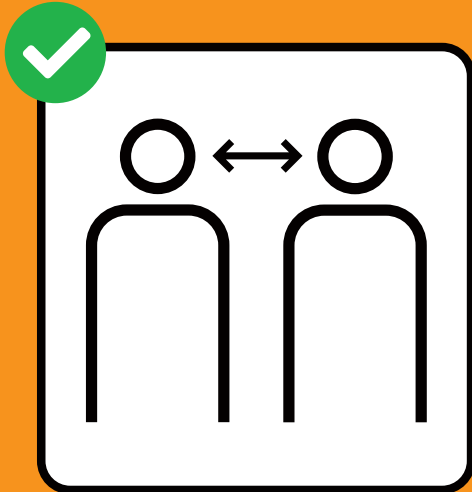


PROTECT YOURSELF AND OTHERS



More important than ever: stop the rise in infection numbers.



Keep a distance.



Wear a face mask if it is impossible to maintain that distance.



Wash your hands thoroughly.



If you experience symptoms, get tested immediately and stay at home.



To enable contact tracing, always provide your complete contact information.



To break infection chains: download and activate the SwissCovid app.



If you test positive: isolate. If you have had contact with a confirmed case: quarantine.



Do not shake hands.



Cough and sneeze into your elbow.



Only visit a doctor's office or an accident and emergency department after making an appointment by phone.

www.foph-coronavirus.ch



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Swiss Confederation

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Office fédéral de la santé publique OFSP
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