Hygiene instructions

|  |
| --- |
| **General** Corona spreads via cough and sneeze droplets. Viruses can also be spread through droplets landing on surfaces such as seats (or hands). |
| **Afbeelding met illustratie  Automatisch gegenereerde beschrijving Avoid shaking hands** The virus can be spread by people before they have symptoms. |
| **Wash your hands** Wet your hands with clean, running water and apply soap. Lather your hands, including the backs, between your fingers, and under your nails and scrub for at least 20 seconds. |
| **Afbeelding met illustratie  Automatisch gegenereerde beschrijvingUse a tissue** Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the bin and wash your hands. |
| **Afbeelding met illustratie  Automatisch gegenereerde beschrijving Cough or sneeze into your elbow**   If you do not have a tissue to hand, cough or sneeze into your elbow rather than your hands. |