

PROTECT YOURSELF AND OTHERS



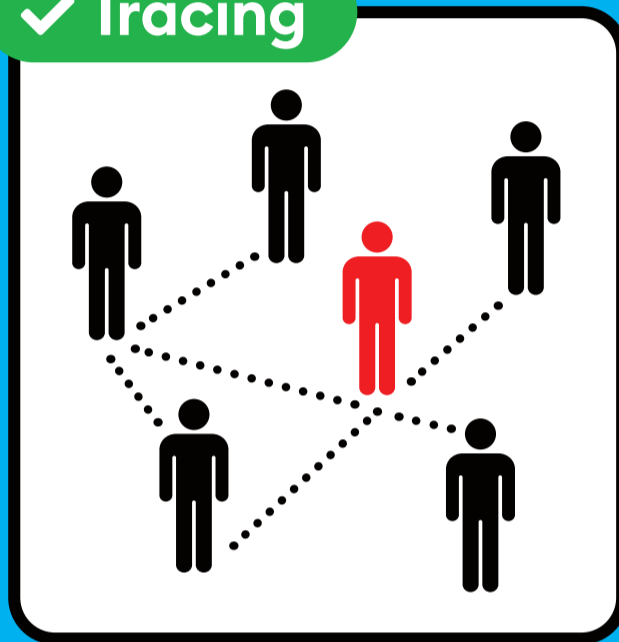
Be sure to follow the new rules:

✓ Testing



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

✓ Tracing



Always leave your contact details whenever possible so you can be traced.

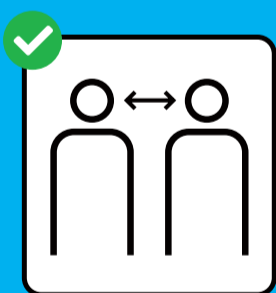
✓ Isolation/Quarantine



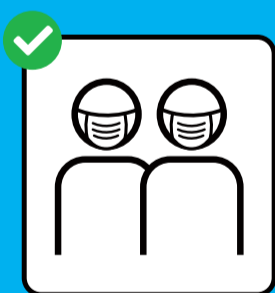
Isolate yourself if you test positive.

Quarantine yourself if you've had contact with someone who has tested positive.

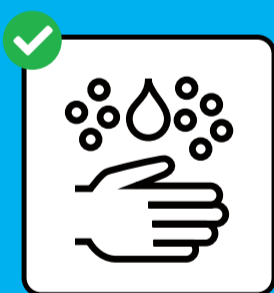
Still important:



Keep your distance.



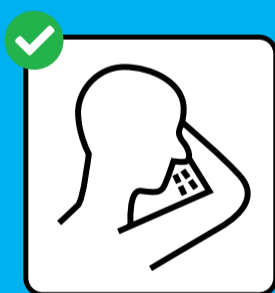
Recommendation: If it's not possible to keep your distance, wear a mask.



Wash your hands thoroughly.



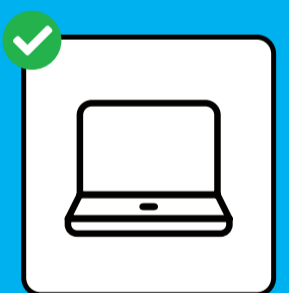
Avoid shaking hands.



Cough and sneeze into a tissue or the crook of your arm.



Always call ahead before going to the doctor's or the emergency department.



Continue to work from home if possible.

www.foph-coronavirus.ch



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Swiss Confederation

Bundesamt für Gesundheit BAG
Office fédéral de la santé publique OFSP
Ufficio federale della sanità pubblica UFSP
Uffizi federal da sanadad publica UFSP



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