

# How do I protect myself from the Corona virus?

## Rules of conduct How can I avoid an infection?



*Wash hands* – regularly and thoroughly with soap

*Correct coughing and sneezing* – in the crook of the elbow or in the tissue.  
Immediate disposal of the handkerchief

*Be careful when touching* – no public surfaces, then wash hands

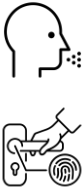
*Keep your distance* – at least one meter

*Less physical contact* – just wave and smile as a greeting

*Avoid crowds* – and make yourself comfortable at home

*Get vaccinated against flu* – to avoid a double infection

## Infection How is the Corona virus transmitted?



*Droplet infection* – expelled when sneezing, coughing and speaking;  
transmitted through the air

*Smear infection* – from sneezing into your hand, from the hand to a surface,  
then to a stranger's hand and it has already reached the next person

## Symptoms What are the signs of a Corona virus infection?

The symptoms are basically similar to those of a cold.

*Fever*

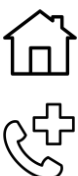
*Coughing*

*Breathing difficulties*

*Limb and headache*



## Illness I feel sick – what now?



*Protect others* – avoid contact with people and stay at home first

*Telephone advice* – with your family doctor or the responsible health authority  
– do not sit in the waiting room!