

Prevent the Spread

hygiene habits to protect against viruses



Cover up

Cover your mouth and nose with a tissue when you cough or sneeze.



Toss the tissue

Throw away used tissues immediately.

20 second scrub

Wash your hands, especially after using tissues.



Sneeze into your sleeve

Cough or sneeze into your elbow, not your hands.

Hands off

Don't touch your eyes, nose or mouth. Germs on your hands can transfer into your body.



Keep your distance

When you are ill or not feeling well, avoid close contact with others. Stay at least 2 metres away to prevent infecting people around you.

Prévenez la propagation

Habitudes d'hygiène qui nous protègent des virus



Gardez vos distances

Lorsque vous êtes malades ou ne vous sentez pas bien, ne vous approchez pas des autres. Demeurez à au moins 2 mètres d'eux afin de ne pas les contaminer.