

# Personal hygiene instructions

to limit possible chains of infection



## **Wash your hands thoroughly**

Wash your hands regularly and thoroughly with soap.



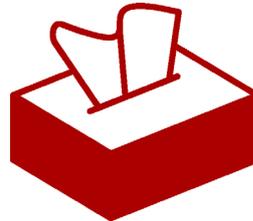
## **Sneeze into your elbow**

Sneeze into your elbow and turn away from other people.



## **Do not touch your face with your hands**

Avoid putting your hands on your face.



## **Disposable tissues**

Use disposable tissues, and use them only once.

## Information for those returning

from COVID-19 risk areas

Employees who have been in a risk area within the past 14 days and have symptoms of illness are advised to avoid any unnecessary contact with other people and, if possible, to stay at home.

Children who have been on vacation in a risk area within the last 14 days should stay at home if possible and should not be sent to day care centers regardless of whether they have symptoms of illness. According to the State Office for Health and Food Safety (LGL), please keep in mind that children who are infected with the coronavirus may still be infectious even if they present with no symptoms.