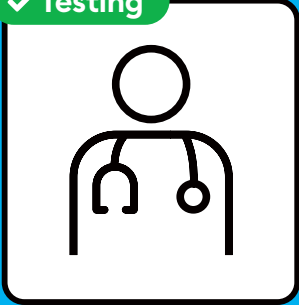
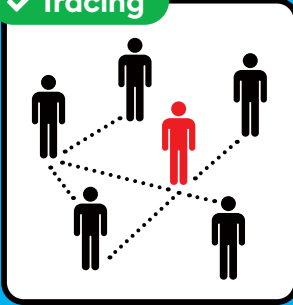


**PROTECT YOURSELF
AND OTHERS**

Be sure to follow the new rules:

✓ Testing

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

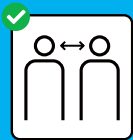
✓ Tracing

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.

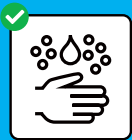
Still important:



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.

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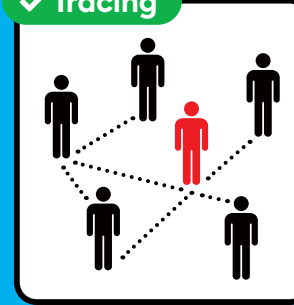
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**SO SCHÜTZEN
WIR UNS.**

Jetzt unbedingt neue Regeln einhalten:

✓ Testen

Bei Symptomen sofort testen lassen und zuhause bleiben.

✓ Tracing

Zur Rückverfolgung wenn immer möglich Kontaktdaten angeben.

✓ Isolation/Quarantäne

Bei positivem Test: Isolation.
Bei Kontakt mit positiv getestete Person: Quarantäne.

Weiterhin wichtig:



Abstand halten.



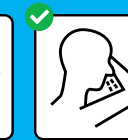
Empfehlung: Maske tragen, wenn Abstand halten nicht möglich ist.



Gründlich Hände waschen.



Hände schütteln vermeiden.



In Taschentuch oder Armbeuge husten und niesen.



Nur nach telefonischer Anmeldung in Arztpraxis oder Notfallstation.



Falls möglich weiter im Home-office arbeiten.

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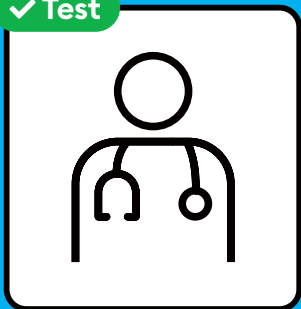


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VOICI COMMENT NOUS PROTÉGER:

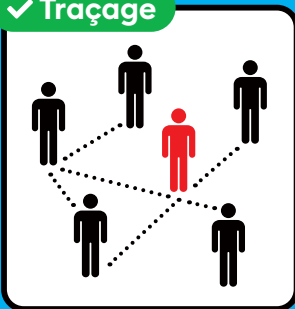
Suivre impérativement les nouvelles règles :

✓ Test



En cas de symptômes, se faire tester tout de suite et rester à la maison.

✓ Traçage



Chaque fois que c'est possible, fournir ses coordonnées pour le traçage.

✓ Isolement/quarantaine



En cas de test positif : isolement.
En cas de contact avec une personne testée positive : quarantaine.

Pour rappel :



Garder ses distances.

Recommandé : un masque si on ne peut pas garder ses distances.

Se laver soigneusement les mains.

Éviter les poignées de main.

Tousser et éternuer dans un mouchoir ou dans le creux du coude.

Toujours téléphoner avant d'aller chez le médecin ou aux urgences.

Si possible, continuer de travailler à la maison.

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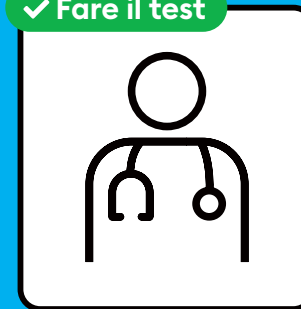


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COSÌ CI PROTEGGIAMO

Le nuove regole da rispettare:

✓ Fare il test



In caso di sintomi, fare il test e restare a casa.

✓ Tracciamento



Quando possibile, fornire sempre i propri dati di contatto per il tracciamento.

✓ Isolamento/quarantena



Per chi è positivo al test: isolamento.

Per chi ha avuto contatti con una persona positiva al test: quarantena.

Altrettanto importante:



Tenersi a distanza.

Raccomandazione: usare la mascherina se non è possibile tenersi a distanza.

Lavarsi accuratamente le mani.

Evitare le strette di mano.

Tossire e starnutire in un fazzoletto o nella piega del gomito.

Prima di andare dal medico o al pronto soccorso, annunciarsi sempre per telefono.

Se possibile, continuare a lavorare da casa.

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