

## CORONAVIRUS GUIDANCE

COVID-19

# HOW CAN YOU PROTECT YOURSELF AND OTHERS



Regularly wash your hands with soap and water or use an alcohol-based hand sanitiser



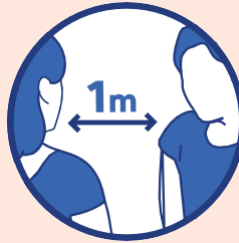
Cough or sneeze into your elbow or a tissue



Wipe or blow your nose using a disposable, single-use tissue then put it immediately in the bin



Avoid touching your face



Maintain at least 1 metre distance between yourself and others



Greet others without shaking hands and avoid hugging and kissing



In addition to these measures, wear a mask where it is mandatory



[GOUVERNEMENT.FR/INFO - CORONAVIRUS](https://www.gouvernement.fr/info-coronavirus)



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