

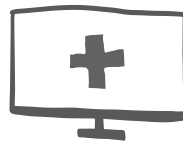
# THE CORONAVIRUS: PROTECT YOURSELF AND OTHERS

## INFORMATION



### Stay well informed

Not everything you read might necessarily be true.



### Check your sources

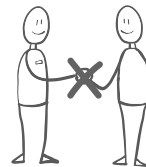
Rely on trustworthy sources such as the WHO, the National Institute for Public Health and the Environment (RIVM) and the Red Cross.

## TAKE ACTION



### Take the right precautionary measures

Wash your hands regularly.



### Avoid physical contact

Practice social distancing.



### Prevent the spread of the virus

Sneeze and cough into your elbow, work from home if you can and keep a 1.5 meter distance from others.



### Stay at home

Stay at home as much as possible, especially if you have symptoms or a fever.

## HELP

Check in on your vulnerable friends, family members and neighbours (by phone) to see if there is anything you can do for them. The elderly and people with chronic diseases are more at risk, they may be worried or anxious.



Advise them to avoid gatherings and offer to do (online) groceries for them.



Advise them to avoid public transport and offer them a lift.



Ask them whether they have sufficient stock of any medication they may need.

The Red Cross is always nearby. Check [rodekruis.nl](https://rodekruis.nl) or call the Red Cross Helpline at +31(0)70 44 55 888.

# THE CORONAVIRUS: PROTECT YOURSELF AND OTHERS

## WASH YOUR HANDS:



**After sneezing  
or coughing**



**Before, during and  
after preparing food**



**After using  
the toilet**



**After you've  
touched an animal  
or animal waste**

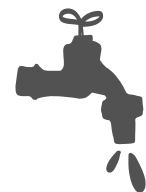
**When you're  
looking after  
people who are ill**



**Before eating**



**If your hands  
are visibly dirty**



...EVERY SINGLE TIME!