

THE CORONAVIRUS: PROTECT YOURSELF AND OTHERS

INFORMATION



Stay well informed

Not everything you read might necessarily be true.



Check your sources

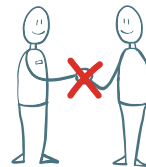
Rely on trustworthy sources such as the WHO, the National Institute for Public Health and the Environment (RIVM) and the Red Cross.

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 or call the Red Cross Helpline at +31(0)70 44 55 888.

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WASH YOUR HANDS:



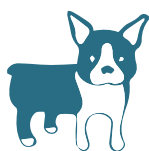
After sneezing
or coughing



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!