

# HET CORONAVIRUS: VULNERABLE INDIVIDUALS

## GENERAL



### Stay well informed

Not everything you hear or read might necessarily be true.



### Take precautions

Wash your hands regularly, don't shake hands, avoid physical contact.



### Prevent the spread of the virus

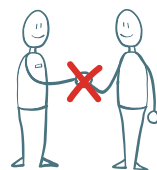
Sneeze and cough into your elbow, work from home and avoid crowded spaces.



### Stay at home

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

## VULNERABLE



### Avoid contact

Limit visits and do not use public transport.



### It's OK to ask for help!

People want to offer help right now. Let people know you can use it.



### Think ahead

Do you have enough groceries and medication at home?



### Dealing with the current situation

Share your feelings (on the phone).