

THE CORONAVIRUS: PROTECT YOURSELF AND OTHERS

INFORMATION



Stay well informed

Not everything you hear or 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 and thoroughly.



Avoid physical contact

Do not shake hands and avoid crowds.



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 to others.



Symptoms?

Get tested and stay home until you have the results.

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.



Offer to do (online) groceries for them.



Help them stay home and avoid public transport as much as possible.



Keep in touch (over the phone or via video chat) and share your feelings.

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:



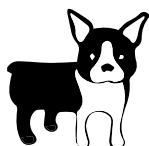
**After sneezing
or coughing**



**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!