How can I prevent infection?

Wash your hands thoroughly for at least 20 seconds.

Avoid touching your eyes, nose or mouth.

Try to avoid contact with people who are showing symptoms of respiratory illness, such as coughing.

Avoid crowded spaces and mass gatherings.

Sneeze and cough into your sleeve or a tissue. Immediately dispose of tissues and wash your hands afterwards.

Regularly clean commonly used surfaces and devices you touch or handle.

Check national travel advice before planning or taking trips.

If you have a scheduled visit with your health-care provider, contact them via phone/or portal first and follow their advice.

The public health authorities are emphasizing that if you think you might be sick, stay home from work or school.

If you have COVID-19 symptoms seek medical care early and share previous travel history with your health-care provider.