

How can I prevent infection?



Wash your hands thoroughly for at least 20 seconds.



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



Avoid touching your eyes, nose or mouth.



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



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



Check national travel advice before planning or taking trips.



Avoid crowded spaces and mass gatherings.



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



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



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

