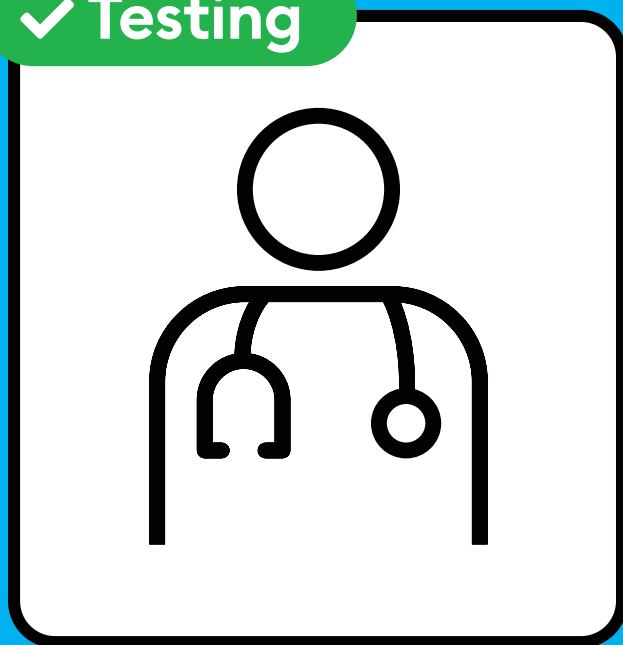


PROTECT YOURSELF AND OTHERS



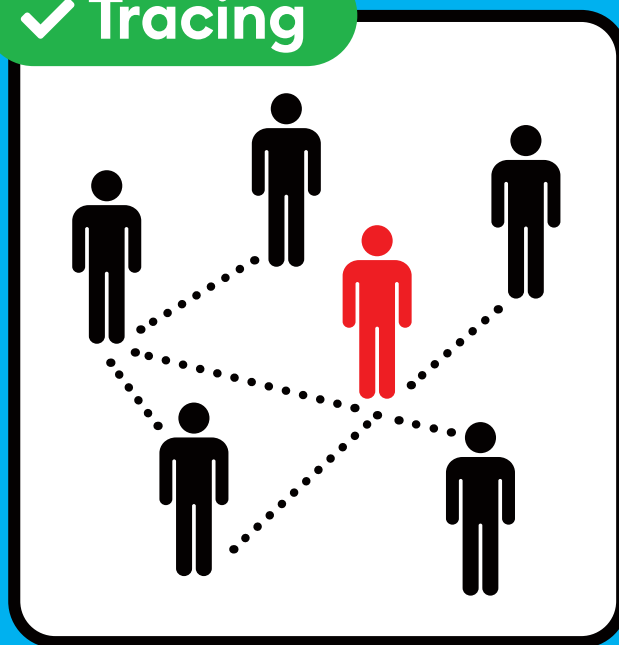
Be sure to follow the new rules:

✓ Testing



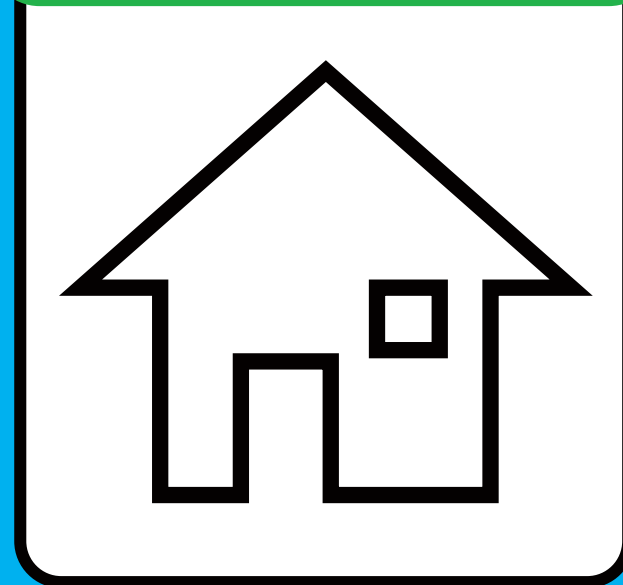
If you experience symptoms,
get tested immediately and stay
at home.

✓ Tracing



Always leave your contact
details whenever possible so
you can be traced.

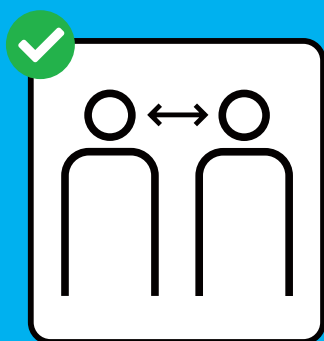
✓ Isolation/Quarantine



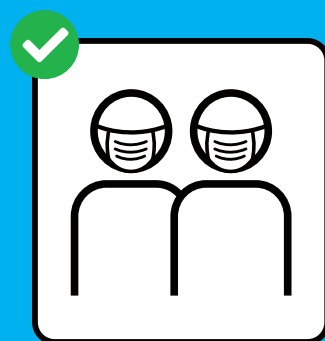
Isolate yourself if you test
positive.

Quarantine yourself if you've
had contact with someone who
has tested positive.

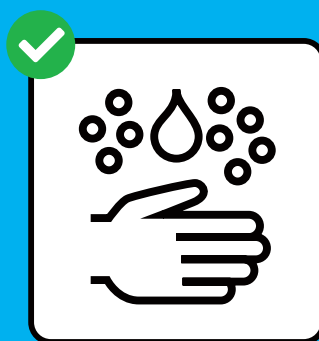
Still important:



Keep your distance.



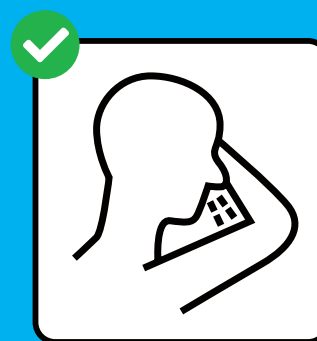
Recommendation:
If it's not possible
to keep your dis-
tance, wear a mask.



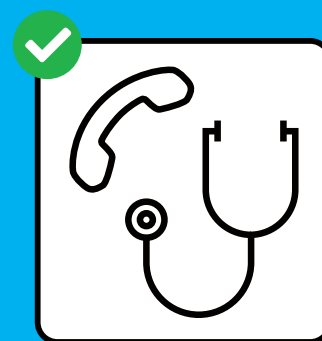
Wash your hands
thoroughly.



Avoid shaking
hands.



Cough and sneeze
into a tissue or the
crook of your arm.



Always call ahead
before going to the
doctor's or the emer-
gency department.

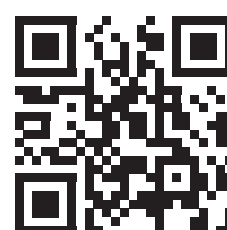
www.foph-coronavirus.ch



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Swiss Confederation

Bundesamt für Gesundheit BAG
Office fédéral de la santé publique OFSP
Ufficio federale della sanità pubblica UFSP
Uffizi federal da sanadad publica UFSP



Scan for translation