



# Basic rules for everyone

We can only take the next step forward  
if everyone follows these rules.



Stay at home if you  
have cold-like  
systems.

*If you have a fever and/or  
are short of breath,  
everyone in your  
household must stay  
at home.*



Work from home  
if possible.



Keep a distance of  
1.5 metres from  
others.



Avoid busy places.



Wash your hands  
frequently.



Don't shake hands.



Cough and sneeze  
into your elbow.



Use paper tissues.