

COVID-19

SAFETY INSTRUCTIONS



Indoors and outdoors, keep safety distances (1,5 m. and more) and avoid close socializing, including public transportation.



Avoid overcrowding in public places.



Avoid frequently touched objects, especially when visiting public health facilities.



Wash your hands regularly with soap for at least 20 seconds. Remember to clean between fingers.

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Avoid touching your face. Cover your nose and mouth with a tissue or use your elbow when you cough or sneeze.



Cover your face and nose with a cloth face cover or mask. During your visit to healthcare facilities always ask to provide you with a mask and gloves.



If symptoms occur, such as cough, fever or sore throat, contact immediately a healthcare provider or social services. Avoid contact with other people.



Do not collect objects/food/bottles from garbage bins.