

LEISURE TIME, BUT STAY SAFE!

Getting together in the age of Corona? Yes! Provided we all follow these rules:



Maintain a distance of at least 1.5 m at all times

- ▶ e.g. on the way to the facility
- ▶ on public transport
- ▶ in the facility



Wash your hands thoroughly and regularly with soap

- ▶ e.g. on arrival at the facility or at home
- ▶ after using the toilet
- ▶ after blowing your nose, coughing or sneezing
- ▶ before eating



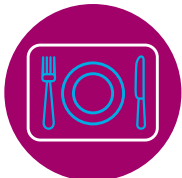
Wear mouth and nose protection

- ▶ on buses and trains and in shops (mandatory)
- ▶ but still maintain the minimum distance



Better not to touch

- ▶ your own face
- ▶ the hands or faces of other people
- ▶ door handles, switches, elevator buttons, railings -
Use your elbow or an object instead



Eating and drinking

- ▶ Maintain a distance of at least 1.5 m



When coughing and sneezing

- ▶ Follow the rules on the reverse



Observe route instructions

- ▶ e.g. markings on the floor, signs or notices on doors



If you feel ill

- ▶ e.g. with sore throat, cough, fever and chills
- ▶ Stay at home

How is
the coronavirus
passed on?

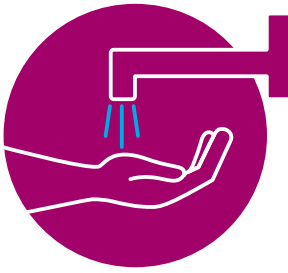
The coronavirus is
transmitted from person
to person - usually
through tiny droplets,
for example, when
speaking, coughing,
sneezing or touching
the face.

Contact with things such
as door handles, knobs,
switches or telephones
and other people's
headphones can also
cause transmission.

THANKS FOR HELPING!

HOW TO DO IT

WASHING YOUR HANDS THOROUGHLY



Pull back your cuffs and get your hands completely wet.



Scrub with soap for 20 to 30 seconds - including between the fingers and at the fingertips.



Rinse off the soapsuds well.



Dry your hands thoroughly with a disposable towel.

SAFE SNEEZING AND COUGHING



Cough or sneeze into your elbow or a tissue - at a sufficient distance from other people.



Blow your nose with a clean tissue and throw it away immediately afterwards.



USING A MOUTH AND NOSE MASK CORRECTLY



Wash your hands with soap before putting on and taking off the mask.



When putting on, wearing or removing the mask, only touch the loops/straps of the mask. The fabric covers the nose, mouth and chin and lies close to the edges.



Change fabric masks after they have become moist from breathing or after one day. Keep in an airtight place, e.g. in a separate bag or container until you wash them (60°).



Throw away disposable masks (FFP/MNS) after wearing or when the surface has become moist.