

Coronavirus

protect yourself
and others from getting sick



Wash your hands frequently with water and soap or with an alcohol-based gel



Respiratory hygiene (cough or sneeze in a tissue and avoid touching your respiratory secretions with your hands)



Avoid close contact with people who are suffering from acute respiratory infections



Cover your mouth and nose when coughing or sneezing



Avoid handshaking and hugging



Don't take any antiviral or antibiotics medication unless they have been prescribed by a doctor



Keep a safe distance (at least one meter) in any social contact



Clean off surfaces with alcohol or chlorine-based disinfectants



Avoid touching your eyes, nose and mouth



In all social contact situations the use of respiratory protection in addition to other personal hygiene and health protection measures is strongly recommended



Avoid sharing bottles and glasses, especially when training