

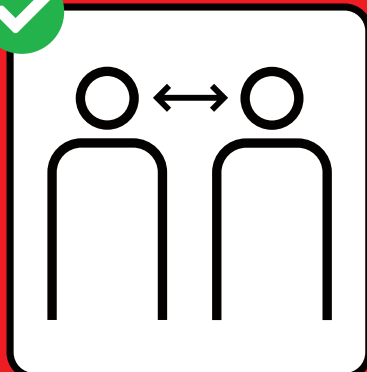
**PROTECT YOURSELF
AND OTHERS**

STOP CORONA

Last update: 29.10.2020



Get together with fewer people.



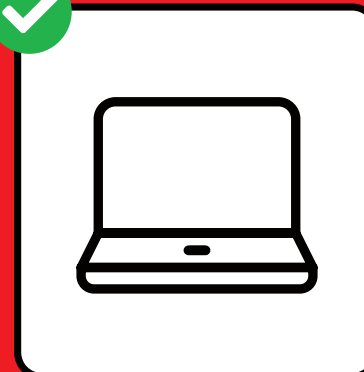
Keep a distance.



Masks compulsory if distancing isn't possible.



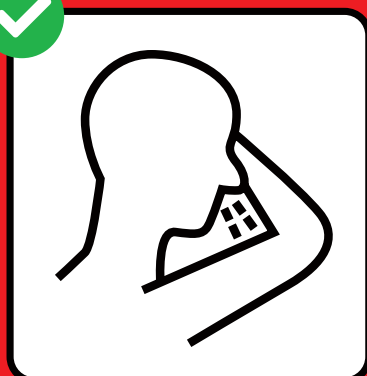
Masks compulsory in publicly accessible indoor and outdoor areas, and on public transport.



Work from home if possible.



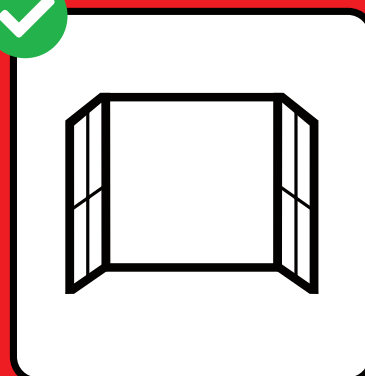
Wash your hands thoroughly.



Cough and sneeze into your elbow.



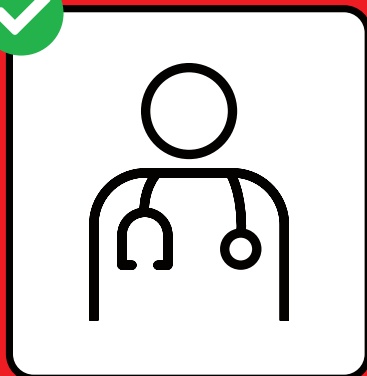
Do not shake hands.



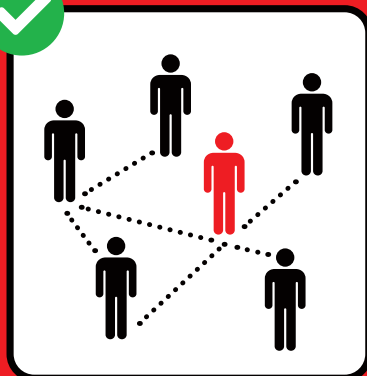
Ventilate rooms several times a day.



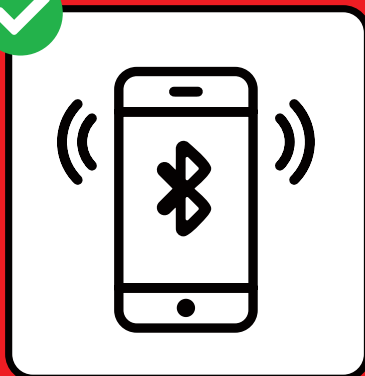
Events:
Public, max. 50 people
Private, max. 10 people
Gatherings in public, max. 15 people



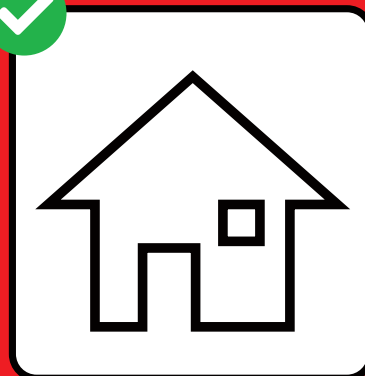
If you experience symptoms, get tested immediately and stay at home.



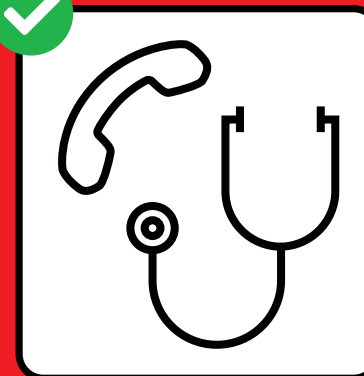
To enable contact tracing, always provide your complete contact information.



To break infection chains: download and activate the SwissCovid app.



If you test positive: isolate. If you have had contact with a confirmed case: quarantine.



Only visit a doctor's office or an accident and emergency department after making an appointment by phone.

www.foph-coronavirus.ch

Stricter rules apply in certain cantons



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Swiss Confederation

Bundesamt für Gesundheit BAG
Office fédéral de la santé publique OFSP
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SwissCovid App
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