



# COVID-19 REMINDERS

To protect yourself and your family



## Protect yourself

TO PREVENT COVID-19 OR ITS SYMPTOMS



Wash regularly your hands



Cough/sneeze in your elbow or a tissue



Throw immediately your tissue after usage



Do not shake hands and avoid embraces



If you recovered from Covid-19, you are not exempted from a new infection. Please conserve good hygiene practices mentioned above.

## Wash yourself

TO AVOID CATCHING THE VIRUS AND CONTROL THE SPREAD OF IT



Wash your hands regularly with water and soap or hydroalcoholic gel



Carefully wash all hand surfaces: palms, back of hands, fingers and nails. Do not forget your wrists



Rinse and dry yourself. If possible, close the tap with a tissue and throw it.

## Actions to lead

IN INFECTION CASE

If you feel some of those symptoms:



- Stay at home unless necessary
- Avoid contact with weak people
- Contact your doctor before going to its office or call the nearest care permanency
  - Teleconsultation is more appropriate for the situation
- If symptoms get worse or if you feel breathing difficulties and breathlessness signs, contact emergencies
- Wear a chirurgical mask if you need to go out

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## Cleaning and maintenance

TO REDUCE THE RISK OF EXPOSURE

Many objects, often ignored, are regularly manipulated and can be veritable nests of bacteria. Consequently, they become potential vectors of disease. We advise you to disinfect or clean regularly those objects to reduce risks.

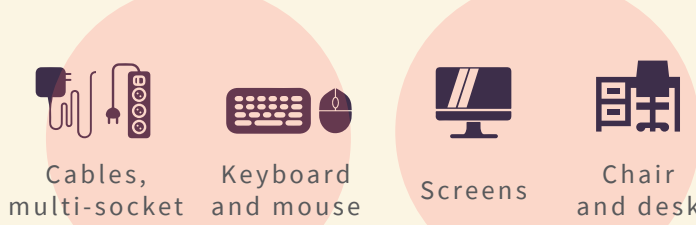
### IN YOUR CAR



### AT HOME



### AT THE OFFICE



To finish, some good practices:



Aerate regularly



Offer wipes and cleaning gel around you



Use your own mug, pen, headphones, ...



## For more information

A toll free number can be reached continually to answer your questions about Covid-19



1-833-784-4397



1800 020 080



+91-11-23978046 or 1075



03 888 10 200



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(021) 5210411 or 081212123119