

HOW TO PROTECT YOURSELF AGAINST VIRUSES SUCH AS CORONAVIRUS Covid-19 OR SEASONAL FLU?

1

WASH YOUR HANDS REGULARLY.



2

ALWAYS USE PAPER TISSUES.
DISPOSE OF THE TISSUES IMMEDIATELY
AFTER USE AND THROW THEM AWAY IN
A CLOSED DUSTBIN.



3

IF YOU DON'T HAVE A TISSUE HANDY, SNEEZE
OR COUGH INTO THE CREASE OF YOUR ELBOW.



4

IF YOU HAVE FLU-LIKE SYMPTOMS,
STAY AT HOME.



ASK YOUR PHARMACIST FOR ADVICE

ALL INFORMATION AVAILABLE ON
www.info-coronavirus.be

