



**Wash your hands often  
with soap and hot water  
for at least 30 seconds**



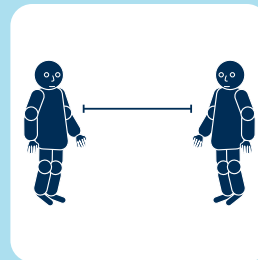
**Cough and sneeze  
into your elbow**



**Avoid touching your eyes,  
nose and mouth**



**Stay at home if you feel  
unwell, even if you only  
feel slightly unwell**



**Keep your distance to others  
– even your friends**



**Stay at home if you are  
older than 70 years**

CORONAVIRUS/COVID-19 [engelska]

Protect yourself and others from spread of infection

