PREVENT THE SPREAD OF
COVID-19

PROTECT YOURSELF AND OTHERS

INDIVIDUAL PROTECTION

Always wear a mask inside buildings (except dining rooms)
Wash/disinfect your hands before and after putting on the mask
Put your used masks, gloves and wipes in proper bins, at the entrance/exit of the buildings

AVOID CLOSE CONTACT

Keep 2m away from other people/workstation
Avoid riding the elevator with other people (max. 1 person)
WC –1 person maximum

HAND AND RESPIRATORY HYGIENE

Disinfect your hands at the entrance of the buildings
Wash your hands frequently
Cough or sneeze on the inside of your elbow
Don’t touch your eyes, nose and mouth with your hands

SURFACE HYGIENISATION AND DISINFECTION

In areas of common use, always apply the sanitising/disinfectant product before and after handling equipment, objects and surfaces