

Measures to protect hygiene:

- a) Wash hands regularly. It is recommended to provide public spaces, gyms, supermarkets, chemist's and other meeting places with hydroalcoholic solutions to wash hands.
- b) Avoid close contact with anyone showing symptoms of respiratory illnesses such as coughing and sneezing.
- c) Do not touch eyes, nose and mouth with hands.
- d) Cover mouth and nose when coughing or sneezing.
- e) Do not take antibiotics and antivirals unless they are accounted for by a doctor.
- f) Clean and disinfect touched objects and surfaces using alcohol-based and chlorine-based sanitizer.
- g) Facemasks should only be used by people who think they may be ill or people who are taking care of someone who is ill.