

# Coronavirus/Covid-19 [engelska]

## Protect yourself and others from spread of infection



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



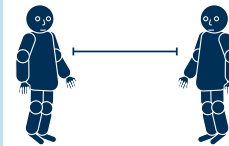
Cough and sneeze  
into your elbow



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