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