Hygiene instructions

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| **General**Corona spreads via cough and sneeze droplets. Viruses can also be spread through droplets landing on surfaces such as seats (or hands).  |
| **Afbeelding met illustratie  Automatisch gegenereerde beschrijvingAvoid shaking hands**The virus can be spread by people before they have symptoms. |
|  **Wash your hands**Wet your hands with clean, running water and apply soap. Lather your hands, including the backs, between your fingers, and under your nails and scrub for at least 20 seconds.  |
| **Afbeelding met illustratie  Automatisch gegenereerde beschrijvingUse a tissue**Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the bin and wash your hands. |
| **Afbeelding met illustratie  Automatisch gegenereerde beschrijvingCough or sneeze into your elbow**  If you do not have a tissue to hand, cough or sneeze into your elbow rather than your hands. |