

Wash your hands very regularly



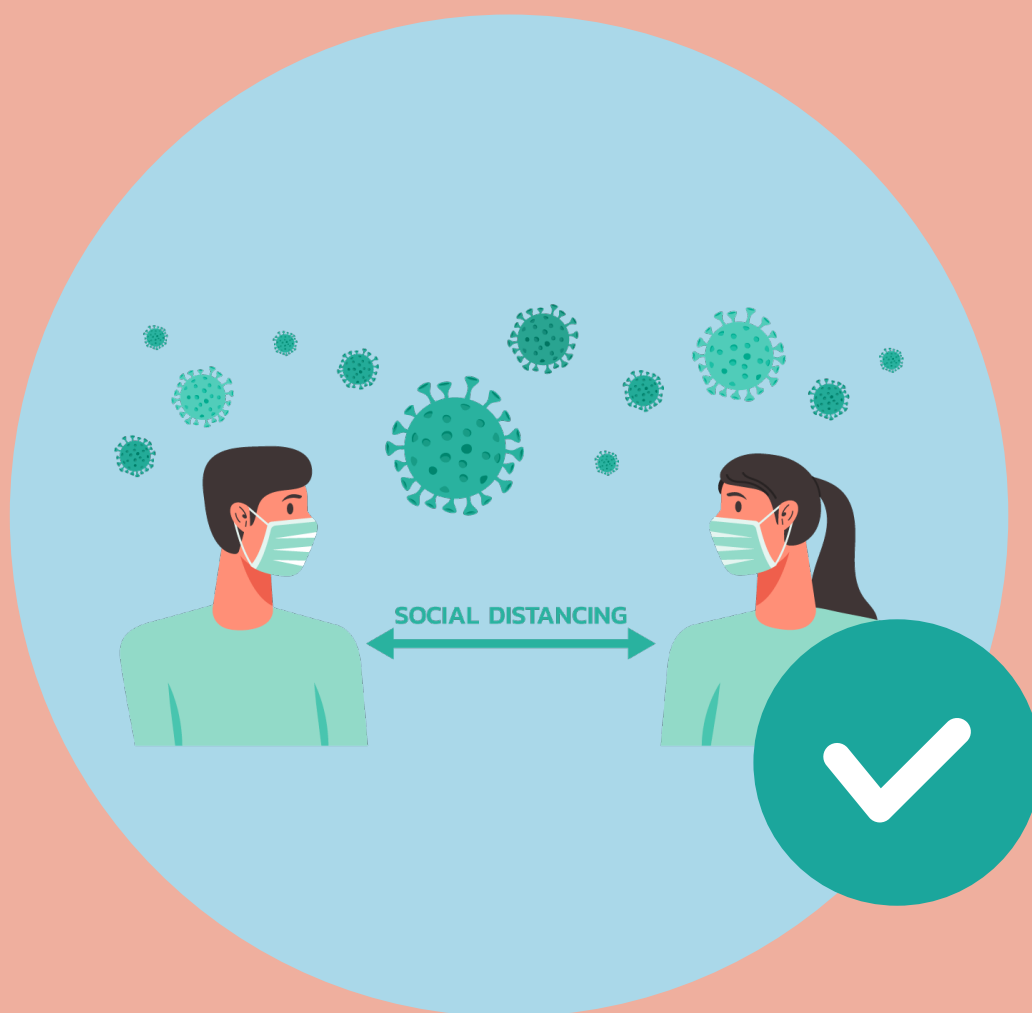
Cough or sneeze into your elbow



Wearing the mask is mandatory



Maintain 1.50 M of distance with others



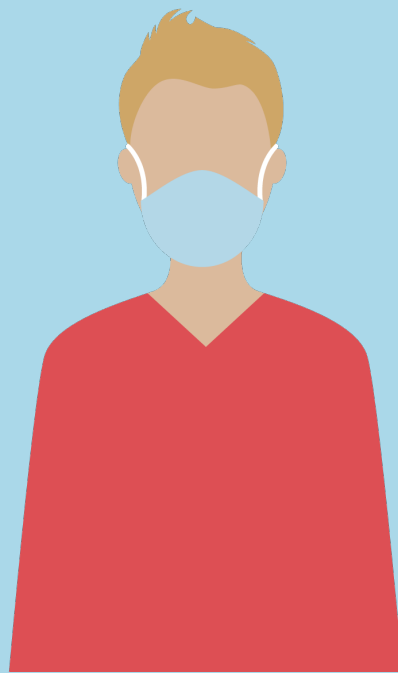
Use a
disposable tissue
and throw it away



Greet without shaking hands and avoid hugging



Change the mask every 4 hours



Greet each other with the elbow

