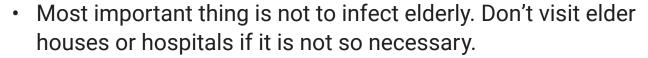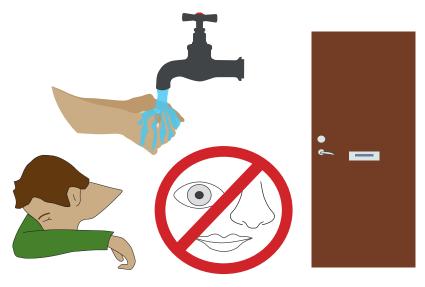# How to protect yourself and others from spreading coronavirus (Covid-19)

- Wash your hand often with warm water and soap.

- Cough and sneeze in your flexed elbow.

- Avoid touching your eyes, nose and mouth.

- Stay home if you feel sick to avoizd infect others.
  Wait at least two days after your recovery before you go back to your work or school.

- Most important thing is not to infect elderly. Don't visit elder houses or hospitals if it is not so necessary.

Most people don't need to contact health care. More information can be found in *1177.se* website and via The Public Health Agency (**folkhalsomyndigheten.se**) or at **Krisinformation.se** where you can find general questions and answers about covid-19 (Swedish and English).

REMEMBER TO TAKE CARE OF EACH OTHER. HELP FOR EXAMPLE THE OLDER AGE NEIGHBORS/RELATIVES WITH MATTERS THEY NEED.

HELSINGBORG