RÉPUBLIQUE FRANÇAISE
Liberté
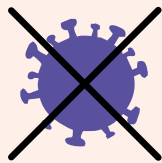*Égalité*
Fraternité

Santé
publique
France

Coronavirus • How to protect yourself

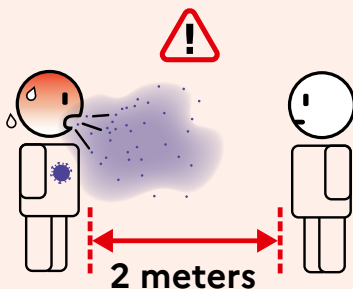# How to protect youself and those close to you ?

To reduce virus spread, respect these hygiene measures:

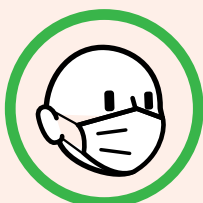Wash hands often with soap and water or with hand sanitizer.

Some cities have hand-washing stations.

2 meters

If possible, keep a distance of 2 meters from other people.

Avoid crowds.

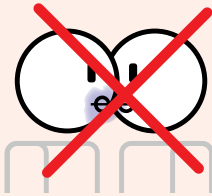Wear a face mask. It provides protection and protects others when they are close-by.
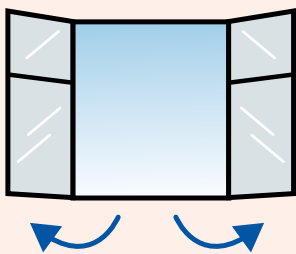
Do not touch your mouth, nose or eyes

Do not shake hands.

Do not embrace or kiss others.

Open windows often and for as long as possible.

Do you have questions about the Coronavirus?

gouvernement.fr/info-coronavirus

0 800 130 000
(toll-free)

Or contact a healthcare professional or an organization