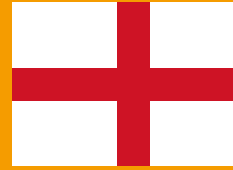
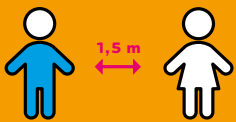


Protection against coronavirus



Sticking to a few hygiene measures can minimise the risk of contracting coronavirus. By consistently practising them, we can all help to slow the spread of the virus, protect high-risk groups and make an important contribution to keeping our healthcare system working. Here are some steps you can take:



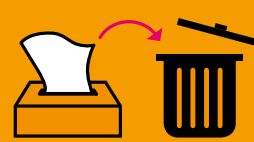
Keep a distance of at least 1.5 metres from other people



Sneeze and cough into the crook of your arm



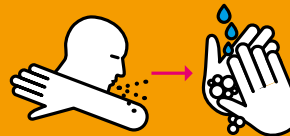
Wash your hands regularly and thoroughly with soap for at least 20 seconds



Use disposable tissues and throw them away after each use



Wear a mask



Wash your hands after sneezing, coughing or blowing your nose



Keep your hands away from your face



Air rooms regularly



Do not shake hands or hug other people



Use the Corona-Warn-App



Avoid social contact



Stay home if you test positive for coronavirus or have been asked to quarantine

If you are afraid that you may have contracted coronavirus, please call your general practitioner first. If you do not feel confident in your language skills, ask someone who speaks German well to call your doctor for you. Please regularly visit www.bochum.de/corona or our social media pages for the latest information.

Bochum.de/corona

Coronavirus hotline: 0234 910-5555