

# PROTECT YOURSELF AND OTHERS



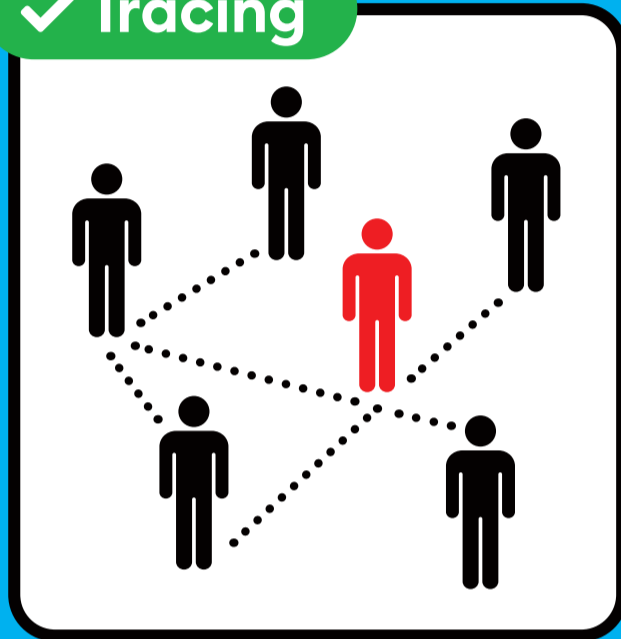
## Be sure to follow the new rules:

### ✓ Testing



If you experience symptoms, get tested immediately and stay at home.

### ✓ Tracing



Always leave your contact details whenever possible so you can be traced.

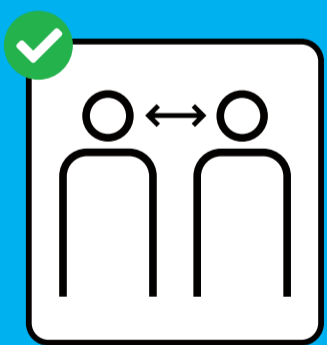
### ✓ Isolation/Quarantine



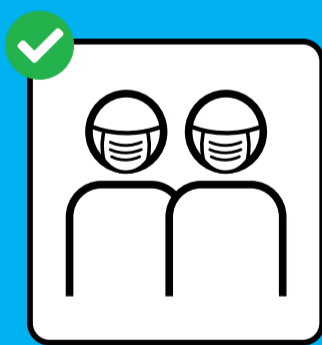
Isolate yourself if you test positive.

Quarantine yourself if you've had contact with someone who has tested positive.

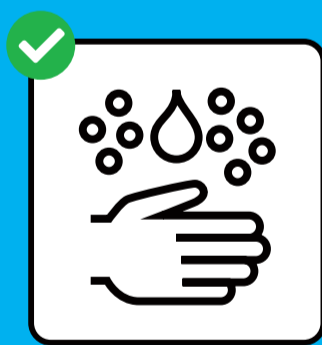
## Still important:



Keep your distance.



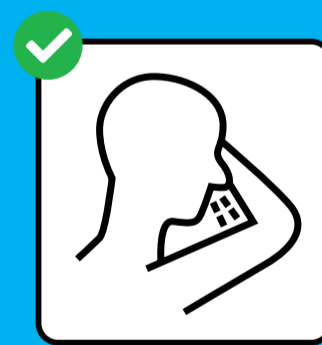
Recommendation: If it's not possible to keep your distance, wear a mask.



Wash your hands thoroughly.



Avoid shaking hands.



Cough and sneeze into a tissue or the crook of your arm.



Always call ahead before going to the doctor's or the emergency department.

[www.foph-coronavirus.ch](http://www.foph-coronavirus.ch)



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Office fédéral de la santé publique OFSP  
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Bern University  
of Applied Sciences