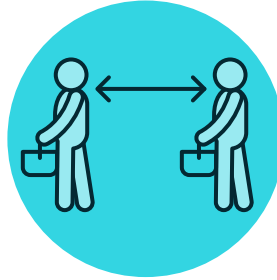


Coronavirus: *Now it all depends on you!*



Feeling sick? Stay home.

Scratchy throat, shivers, coughing? Take care of yourself, even if you're only feeling a little sick. If you haven't had definite contact with a person who has tested positive for Sars-CoV-2, you don't need to be tested yourself.



Feeling healthy? Keep your distance.

Work from home. Cancel any private trips. Go outside and get some fresh air but avoid large crowds. Tidy up at home. Read "War and Peace." Trim your bonsai.



Have to go to work? Go by bike or car.

It is easier to get infected on a bus or train.



Have to leave home? Wash your hands. A lot.

Don't touch your face. Sneeze or cough into the crook of your arm. Don't shake anyone's hand. Bowing is also a polite form of greeting.



Are you an employer? Allow your employees to work from home.

Ask employees who have a cold to stay home and cancel face-to-face meetings to the extent possible.



Have elderly neighbors? Offer to help them.

Elderly people should stay inside as much as possible right now. Do their shopping for them now and they'll be bound to water your plants for you on your next holiday.