



## Covid-19 Guidelines



Stay home if you show any symptoms.

- Covid-19 Symptoms include:  
Cold-like symptoms (runny nose, sneezing, a sore throat)  
Coughing  
Shortness of breath or pneumonia  
A temperature up to 38 degrees or a fever above 38 degrees  
A sudden loss of smell or taste (without a blocked nose)



For information on how to get tested for Covid-19, please go to the FAQ section on Wittenborg-Online or scan here.



Wash your hands frequently.

- Wash your hands before going out, when you return home, after blowing your nose, before eating and after going to the toilet.
- Wash your hands for 20 seconds with soap and water. Dry them thoroughly.



Wear a facemask in all public areas.



Keep 1.5m distance from others.

- This does not apply to people living in one household.
- Keeping two arms lengths away reduces the risk of people spreading the infection.



Don't shake hands.



Max. 2 people in elevator

- Only two people in elevator allowed at one time.
- Please follow signs on elevator floor.



One person at the sink at any one time.