

CORONAVIRUS

what you need to know



Useful information



0 800 130 000 (Call for free)

gouvernement.fr/info-coronavirus

How to protect yourself and others ?

Wash your hands regularly and thoroughly

Cover your mouth and your nose with a tissue or your sleeve when you cough or sneeze

Use single-use tissues and put them in the bin after use

Avoid shaking hands, hugging and kissing

How does COVID-19 spread ?

Through cough or sneeze droplets

Face-to-face contact for at least 15 minutes

What are the signs and symptoms ?

In case of breathing difficulty, call 15 respir llama al 15

COVID-19

TO PROTECT YOURSELF AND OTHERS FROM CORONAVIRUS

Wash your hands very often

When coughing or sneezing, cover your mouth and nose with your arm or use a disposable tissue

Dispose of any tissues you have used

Avoid close contact when greeting people

For further information

GOUVERNEMENT FRANÇAIS
0 800 130 000