

Handout «Englisch» : Protective measures still apply

The Federal Council calls for continued protection of ourselves and others. It is important that rules of conduct and hygiene continue to be observed:

- ▶ If possible, keep staying at home at the moment, especially people at high risk should continue to stay at home.

Exceptions:

- You need to buy groceries.
- You need to see the doctor or go to the pharmacy.
- Someone needs your help.
- Home office is not an option and you still have to go to work.
- If you are older than 65 or if you have a pre-existing condition, it is strongly recommended that you do not make an exception unless you need to see a doctor.

- ▶ The Swiss Confederation and the Canton still prohibit gatherings of more than 5 people in public places (barbecue areas, footpaths, parks, etc.). A distance of two meters must be maintained at all times. Anyone who does not observe this regulation may be fined. It is difficult to keep enough distance from each other in public transport. Although public transport keeps operating a basic service, please use other options for your journey to work (on foot, by bicycle or e-bike) wherever possible.

- ▶ **Wash your hands thoroughly with soap and on a regular basis.**
- ▶ **Cough and sneeze into a paper tissue or into the crook of your arm.**
- ▶ **It is important to avoid handshakes, hugs and welcome kisses. We can also protect ourselves from infection by not touching our nose, mouth and eyes.**

- ▶ Visits to retirement and nursing homes and hospitals are still prohibited.
- ▶ Always call ahead before going to the doctor's or the emergency department. If you experience malaise, feeling of illness or display symptoms, please get help.
- ▶ A general obligation for healthy people to wear face masks in public is not intended.

Gelesen und verstanden: Datum:
