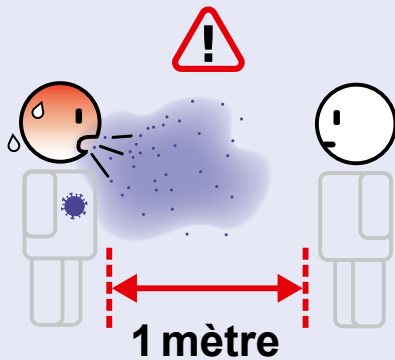


## Coronavirus • How to protect yourself • 2

### How do I protect myself and my family?

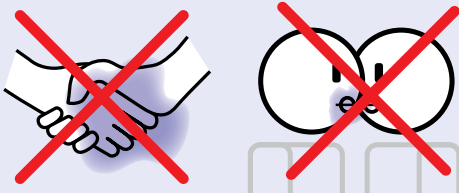


In order to prevent this virus from spreading, many countries, like France, have taken strict measures: School closures, strict rules regarding leaving the house except for running errands and medical reasons, ban on gatherings, etc.



#### Preventative measures

Stay home or isolate yourself from other people.  
Always stand more than 1 meter away from another person.



Do not shake hands or embrace another person.



Cough or sneeze into a disposable tissue or your sleeve.



Wash your hands often with soap or hand sanitizer. Some cities provide hand-washing stations.



Do not touch your mouth, nose or eyes.



If we all follow these rules, we will succeed in stopping the virus.

### Do you have questions about the Coronavirus?



[gouvernement.fr/info-coronavirus](https://gouvernement.fr/info-coronavirus)



**0 800 130 000**  
(toll-free)

Or contact a healthcare professional or an organization