PROTECT YOURSELF
AND OTHERS

RULES FOR SCHOOLCHILDREN:

- From age 12, wear mask if required.
- Ventilate rooms several times a day.
- Wash your hands thoroughly.
- Avoid shaking hands.
- Cough and sneeze into a tissue or the crook of your arm.
- Stay at home if you experience symptoms.
- Do not share food and drink.
- Ventilate rooms several times a day.