COVID-19

Coronavirus

23-03-2020

PRISMA WORX

How to minimise the spread of COVID-19?

Simple measures can reduce the spread of the virus

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

1 Personal protective measures

Wash your hands regularly

Cough and sneeze on the inside of your elbow

Don't shake hands

Use paper tissues
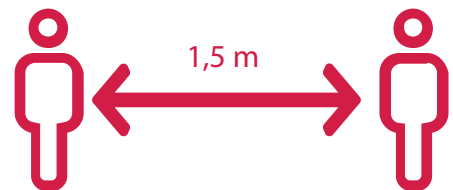
Take a daily body temperature check > 38 degrees Celsius? Stay home and call: +31(0) 495 462 377

2 Environmental measures

Frequently clean used surfaces, clothes and objects

Minimise sharing objects

Ensure appropiate ventilation

3 Social distancing measures

1,5 m

Stay also 1,5 metre away from other persons. Also if they are NOT symptomatic!

Together we fight corona

For actual information about COVID-19 (coronavirus) visit the website:
The Netherlands: https://www.rivm.nl/en
Belgium: https://www.health.belgium.be/en