



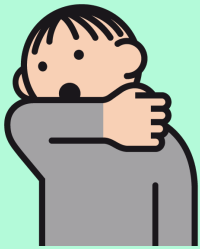
## How to protect yourself from germs and viruses



Wash hands with soap



Desinfect hands



Cough and sneeze into arm bend



Cough and sneeze into tissue



Throw away the tissue



Try not to touch facial area



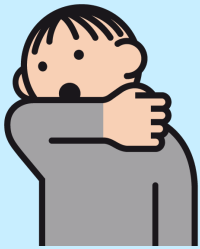
## How to protect yourself from germs and viruses



Wash hands with soap



Desinfect hands



Cough and sneeze into arm bend



Cough and sneeze into tissue



Throw away the tissue



Try not to touch facial area