

# Winter Plan for Respiratory Infections

## 4 warning levels with their specific recommendations

### RECOMMENDATIONS IN CODE GREEN

	Wash your hands regularly with water and soap, or use hydro-alcoholic gel
Cough or sneeze in a single-use tissue or in the crook of your elbow, and wash your hands	

	Ventilate indoor spaces in an optimal and regular way
Get vaccinated if you or your close ones are vulnerable or if you work in healthcare	

	Are you sick? Stay at home and avoid contacts, wear a face mask for several days afterwards
Are you a vulnerable person? Wear a mask	

### RECOMMENDATIONS IN CODE YELLOW

	Wash your hands regularly with water and soap, or use hydro-alcoholic gel
Cough or sneeze in a single-use tissue or in the crook of your elbow, and wash your hands	

	Ventilate regularly and preferably keep the CO2 concentration below 900 ppm
Make sure your vaccinations are in order, especially if you are vulnerable or work in healthcare	

	Are you sick? Stay at home and avoid contacts, wear a face mask for several days afterwards
Are you a vulnerable person? Wear a mask	

### RECOMMENDATIONS IN CODE ORANGE

	Wash your hands regularly with water and soap, or use hydro-alcoholic gel
Cough or sneeze in a single-use tissue or in the crook of your elbow, and wash your hands	

	Ventilate regularly and preferably keep the CO2 concentration below 900 ppm
Make sure your vaccinations are in order, especially if you are vulnerable or work in healthcare	

	Are you sick? Stay at home and avoid contacts, wear a face mask for several days afterwards
Wear a face mask in crowded places and when interacting with healthcare providers	

### RECOMMENDATIONS IN CODE RED

	Wash your hands regularly with water and soap, or use hydro-alcoholic gel
Cough or sneeze in a single-use tissue or in the crook of your elbow, and wash your hands	

	Ventilate regularly and keep the CO2 concentration below 900 ppm
Make sure your vaccinations are in order, especially if you are vulnerable or work in healthcare	

	Are you sick? Stay at home and avoid contacts, wear a face mask for several days afterwards
Wear a face mask and keep social distance, avoid indoor meetings	