

Tips to fight respiratory infections

Wash your hands regularly with water and soap, or use hydro-alcoholic gel



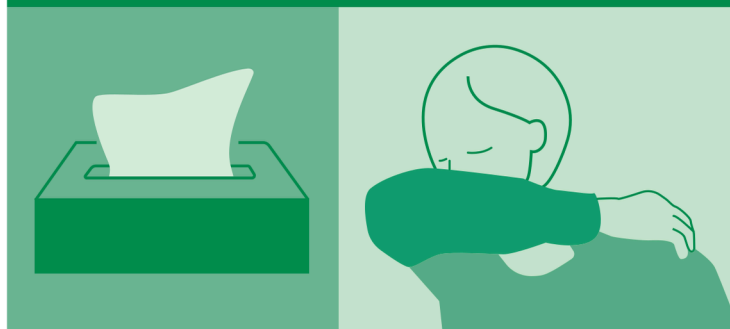
Ventilate indoor spaces in an optimal and regular way



Cough or sneeze in a single-use tissue or in the crook of your elbow, and wash your hands



Are you a vulnerable person? Wear a mask when you are in crowded places



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 (at least 5 days after the onset of symptoms)

