# **≈Daily Precautions**≈

## to prevent the spread of COVID-19 and Influenza



#### **Prevention**

- ☑ Wash your hands
- ☑ Disinfect your hands
- ∇entilate the area
- symptoms appear

☑ Consider vaccination

### Don't push yourself

If you experience fever-like symptoms, stay home and rest.

#### Just in case

Keep pain relievers and daily necessities well stocked in case you start to feel unwell.







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