

USCHIA ANS PROTEGIN NUS.



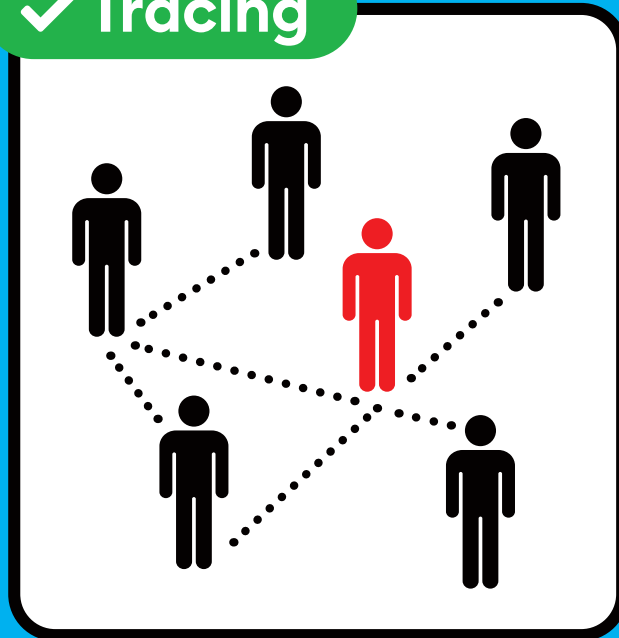
Ussa exnum observar las novas reglas:

✓ Testar



Immediatamain sa laschar
testar e restar a chasa en cas
da sintoms.

✓ Tracing



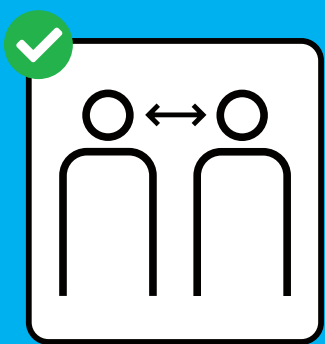
Sche pussaivel adina inditgar
las datas da contact per la
retrofastisaziun.

✓ Isolaziun/quarantina

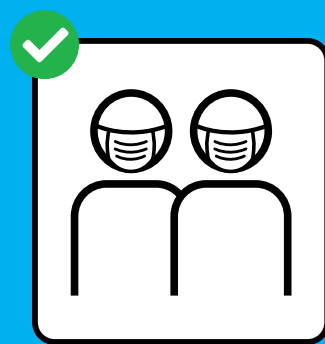


Sch'il test è positiv: isolaziun.
En cas da contact cun ina
persuna infectada: quarantina.

Anc adina Important:



Tegnair distanza.



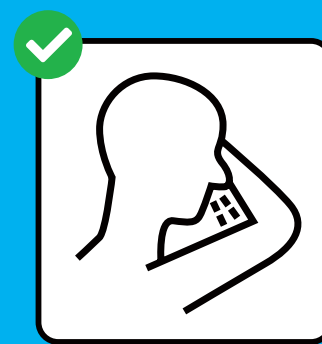
Recumandaziun:
Purtar ina mascrina,
sch'i n'è betg pus-
saivel da tegnair
distanza.



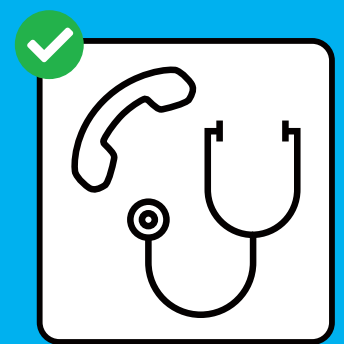
Lavar bain ils auns.



Evitar da dar
il maun.



Tusser e starnidar
en in fazelet u
en la foppa dal
cumbel.



S'annunziar per tele-
fon avant che ir tar
il medi u a la staziun
d'urgenza.

www.bag-coronavirus.ch



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Swiss Confederation

Bundesamt für Gesundheit BAG
Office fédéral de la santé publique OFSP
Ufficio federale della sanità pubblica UFSP
Uffizi federal da sanadad publica UFSP



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