Be sure to follow the new rules:

**Testing**
- If you experience symptoms, get tested immediately and stay at home.

**Tracing**
- Always leave your contact details whenever possible so you can be traced.

**Isolation/Quarantine**
- Isolate yourself if you test positive.
  - Quarantine yourself if you’ve had contact with someone who has tested positive.

Still important:

- **Keep your distance.**
- **Recommendation:** If it’s not possible to keep your distance, wear a mask.
- **Wash your hands thoroughly.**
- **Avoid shaking hands.**
- **Cough and sneeze into a tissue or the crook of your arm.**
- **Always call ahead before going to the doctor’s or the emergency department.**
- **Continue to work from home if possible.**

www.foph-coronavirus.ch