When restrictions are relaxed

Avoid the 3 C’s!

1. **CLOSED** spaces with poor ventilation
2. **CROWDED** places with many people nearby
3. **CLOSE-CONTACT** settings such as close-range conversations

The risk of infection and outbreaks increases when the 3 C’s overlap.

**PROTECT YOURSELF AND OTHERS**

- Clean your hands frequently
- When coughing or sneezing, cover your mouth and nose with the inner crease of your elbow or with a disposable tissue
- Do not touch your mouth, nose and eyes with unclean hands
- Disinfect objects and surfaces that are used by many people
- Keep a distance of at least 1 meter from other people
- Use a face covering according to local recommendations

Stay cautious. Together we can prevent new cases and outbreaks of COVID-19.