

Four key messages to protect you from COVID-19

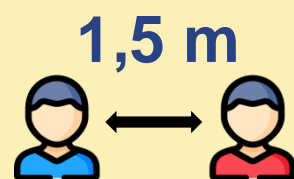


1

Wash your hands frequently

Use a mask

Avoid touching your eyes, nose and mouth.
Cover your mouth and nose with your
elbow, when you cough or sneeze



2

Keep a distance from others of at least 1,5 meters

Limit your social contacts

3

Choose spaces that are outdoors

Keep frequently ventilated closed spaces



4

Stay at home if you have Covid-19 symptoms, are in Covid-19 isolation or are in quarantine

4 December 2020

Consulta fuentes oficiales para informarte:

www.mscbs.gob.es

@sanidadgob

#ESTE
VIRUS
LO
PARAMOS
UNIDOS



GOBIERNO
DE ESPAÑA

MINISTERIO
DE SANIDAD