

Meet up and stay safe



We can reduce the risk of transmission of the COVID-19 virus by doing things differently. Take care of yourself and the people around you.

Propose and choose the safest alternatives:

You're less likely to get the virus **by meeting with others outdoors**, and with sufficient space between attendees

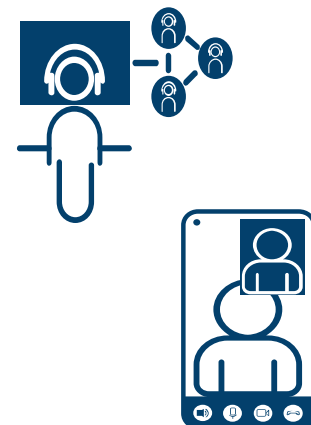


- Meet for a walk, go to the park or walk around town
- Go to the mountains
- Dance outdoors, without crowds and maintaining a distance of 1.5 m
- Only take off the mask to eat and drink, and put it back on when not doing so. And don't forget to maintain distance!

Check the maximum number of people allowed and other restrictions in your area

Online activities bring us closer and can be fun

- Organize activities, games, challenges and events online
- Meet by video call to have a drink, to eat, to chat, ...
- Use networks to comment on events that you are watching at the same time (a movie, game or concert, etc.)
- Sign up for webinars, virtual visits to museums, courses, online gatherings ...



Take active breaks:

During your online activities, take breaks to move, at least every two hours.

Always keep these 6 key points in mind



1 Face mask
(use it by covering your nose, mouth and chin)



2 Metres
(at least 1.5m between people)



3 Hands
(frequent hand washing)



4 Fewer contacts
and in a stable bubble



5 More ventilation
(outdoor activities and opened windows)



6 I stay home if I have symptoms, a positive COVID diagnosis, in contact with a positive case, or expecting results

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For more information, consult official sources

www.mscbs.gob.es

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