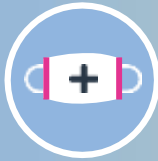




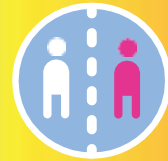
START AGAIN, SAFELY



Use the mask



wash your hands



Keep the safety distance

Wash your hands

Even if your hands seem clean, **wash them often** with an alcoholbased gel (for 30 seconds) or with soap and water (for 60 seconds).

If your hands are visibly dirty, wash them with soap and water.

Wash each part thoroughly: your palm, the back of your hand, intertwine your fingers - and don't forget your thumb!

Do not touch your eyes, nose and mouth with your hands.

Always wash your hands:

- after coughing or sneezing;
- as soon as you get home;
- when preparing food, especially if you touch raw food;
- before consuming food;
- after using the toilet;
- if you took care of a sick person;
- after petting animals;
- after touching the trash;
- after using public transportation;
- before putting on the mask, if you touch it, and after removing it.