

# PROTECTING OURSELVES AGAINST THE CORONAVIRUS



**LANDKREIS STADE**  
*Stärke · Vielfalt · Zukunft*



**KEEP A  
DISTANCE**

Also think of the people around you.



**STAY AT HOME**

Reduce your social and public contacts.



**MAINTAIN  
HYGIENE**

Wash your hands even more thoroughly.



**NO PHYSICAL  
CONTACT**

Don't greet people with hugs or handshakes.



**COUGHING  
& SNEEZING**

Be sure to use either your elbow or a tissue.



**ARRANGE DOCTOR  
APPOINTMENTS IN  
ADVANCE**



**FEVER & COUGH**

Please stay at home if you have these symptoms.



**NO NEED TO PANIC – WE'LL GET  
THROUGH THIS TOGETHER!**

You'll find current developments at [www.landkreis-stade.de/corona](http://www.landkreis-stade.de/corona)