

# For those of you who are elderly or chronically ill

You are particularly exposed of becoming seriously ill if infected by new coronavirus and must, therefore, be extra careful. New coronavirus typically spreads through handshake and small drops from coughing and sneezing. By protecting yourself, you are protecting others.

Stay safe by following this advice:



**Avoid bigger crowds of people and public transportation**



**Keep a distance – ask others to be considerate**



**Avoid unnecessary contact – remember it is ok to say no to social gatherings**



**Wash your hands frequently or apply hand sanitizer – and consider using gloves when going outside**

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