

# Enkle forholdsregler mot virusmitte



Dekk nese og munn



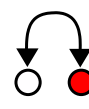
med et papirlommetørkle



når du



hoster



eller



nyser.



Ikke host i hendene dine.



Host



i



albukroken



hvis du ikke



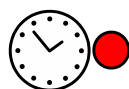
har



papirlommetørkle tilgjengelig



Kast lommetørkle



med engang



etter bruk.



Vask hendene



med



såpe



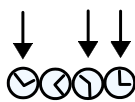
og



lunket vann.



Vask hendene



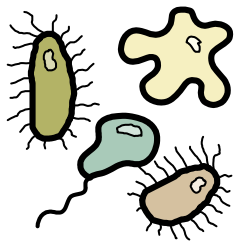
ofte



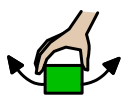
og



grundig.



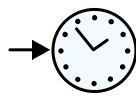
# Enkle forholdsregler mot virusmitte



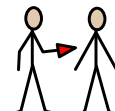
Bruk



hånddesinfeksjon



når



du



ikke

får



vasket hendene.



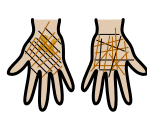
Ikke ta deg



i



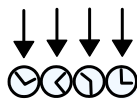
ansiktet



med skitne hender.



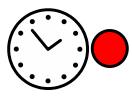
Vask



alltid



hender



etter



reise.



Unngå

å



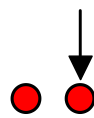
håndhilse



og



gi



andre



klemmer.



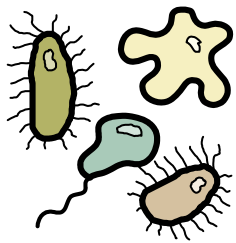
Prøv å unngå



nærkontakt



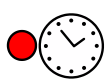
med syke personer.



# Enkle forholdsregler mot virusmitte



Vask hendene:



Før



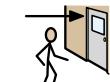
du drar



hjemmefra.



Når du



kommer



til skolen,



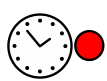
barnehagen



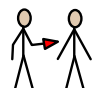
eller



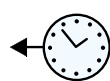
jobben.



Etter



du



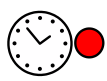
har vært



på



do.



Etter



pauser,



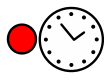
måltid



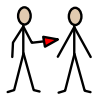
og



trening.



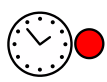
Før



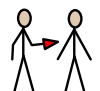
du



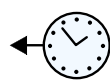
lager mat.



Etter



du



har vært



ute,



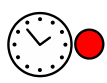
kjørt bil



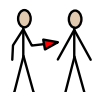
eller



brukt kollektivtransport.



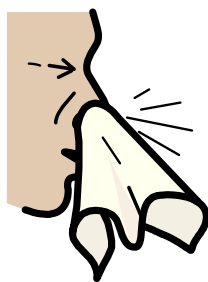
Etter



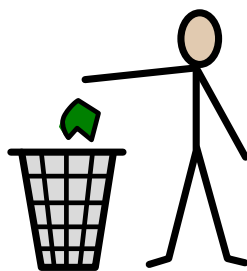
du



kommer hjem.



**Bruk papir!**



**Kast det!**



**Vask hender!**