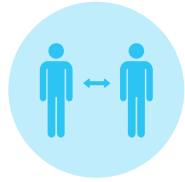


# The coronavirus

## Working in a safe and healthy way

### Preventing infection, also at work:



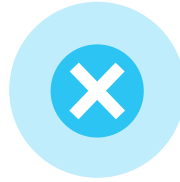
Maintain a minimal distance of 1.5 metres.



Cough and sneeze into your elbow.



Wash your hands regularly with soap and water or disinfect with hand alcohol.



Try not to touch your mouth, nose or eyes.



Regularly clean objects such as door handles, elevator and light buttons.



Keep the room ventilated.

### Stay at home:

In case of mild fever and/or respiratory problems.

*A cold, cough, throat pain and/or temperature above 38°C.*

After close contact with a person with fever and/or respiratory problems.

*Within two metres distance from a person for more than 15 minutes. Consult with your employer.*

If you have returned from abroad during the last 14 days.

*Consult with your employer.*



**Phone your general practitioner in case the respiratory problems get worse.**

### Healthy work conditions are more than just preventing yourself from getting infected:

- Working at home? Read our [home-working tips](#) on our website.
- Be considerate towards your colleagues, even if they are sitting at a distance.
- Take good care of yourself: rest sufficiently, move regularly and maintain healthy eating habits.

**For current information and our advice for employers, visit [arboNed.nl/en/coronavirus](https://arboNed.nl/en/coronavirus)**