Be sure to follow the new rules:

**Testing**

If you experience symptoms, get tested immediately and stay at home.

**Tracing**

Always leave your contact details whenever possible so you can be traced.

**Isolation/Quarantine**

Isolate yourself if you test positive. Quarantine yourself if you’ve had contact with someone who has tested positive.

**Still important:**

- Keep your distance.
- Recommendation: If it’s not possible to keep your distance, wear a mask.
- Wash your hands thoroughly.
- Avoid shaking hands.
- Cough and sneeze into a tissue or the crook of your arm.
- Always call ahead before going to the doctor’s or the emergency department.

www.foph-coronavirus.ch