

Protect yourself and other people



Reduce contacts:

Stay at home and reduce your social contacts to the minimum necessary.



Keep a distance of at least 1 metre to other people – a distance of 3 metres is better and 5 metres is even better. Avoid shaking hands or any close physical contact.



Wash hands:

Wash your hands regularly and thoroughly with water and soap – for at least 30 seconds. Soap is sufficient; you do not necessarily need a disinfectant. Do not touch your eyes, nose and mouth with your hands.



Mouth-and-nose protection:

Mouth-and-nose protection prevents tiny droplets entering the air when you breathe, speak, cough or sneeze.

The minimum distance to other persons applies despite mouth-and-nose protection!

Right use:

Always wash your hands before and after using the protective mask.

Where possible, only touch the straps of the mask, not the mask itself.

The mask should fit properly. Your mouth, nose and chin must be covered. Wash cloth masks at 60 to 90 degrees; a commercially available detergent is sufficient.

A cloth that is bound in front of your mouth and nose can be used instead of a protective mask.

After use: Wash your hands with warm water and soap for at least 30 seconds.

Sneezing or coughing – without a protective mask? Hold a paper tissue in front of your mouth and nose. Dispose of the tissue immediately.

If you do not have any tissue at hand: Sneeze into your elbow. Turn away from other people when you cough or sneeze.

Please note:

It is currently mandatory to wear mouth-and-nose protection in all open shops and on public transport (status: 14.4.2020).

Do you have symptoms such as a high temperature, coughing or difficulties breathing?



Please be sure to stay at home,
call the number **1450** and follow the instructions.

Do not go to the doctor or the hospital yourself.

Do you have any general questions about the virus?



Call the 24-hour hotline
of the Austrian Agency for Health and Food Safety (AGES): **0800 555 621**.

Are you worried and do you not speak German that well?



Call the **ZEBRA HELPLINE** with an interpreter: 0800 799 702,
from Monday to Friday – 9.00 am to 12 noon.

Restrictions on going out, mouth-and-nose protection and other rules



Please monitor the current restrictions regarding the topic of coronavirus
on our homepage **graz.at**

Status: 14 April 2020