Coronavirus
Protect yourself and others

Wash your hands thoroughly.
Cough and sneeze into a paper tissue or the crook of your arm.
Keep a safe distance. For instance:
- Protect the elderly by keeping a safe distance.
- Keep your distance from others in a queue.
- Keep your distance at meetings.

Avoid shaking hands.
Stay at home if you have a high temperature and a cough.
Always call ahead before going to the doctor’s or the emergency department.

If you think you may have the coronavirus
Always call ahead before going to the doctor’s!

For medical questions about the coronavirus
Call 0800 33 66 55 (Ärztefon)

For event organisers and municipalities
Call 0800 044 117

Infoline Federal Office of Public Health
Tel. 058 463 00 00

www.gd.zh.ch/coronavirus