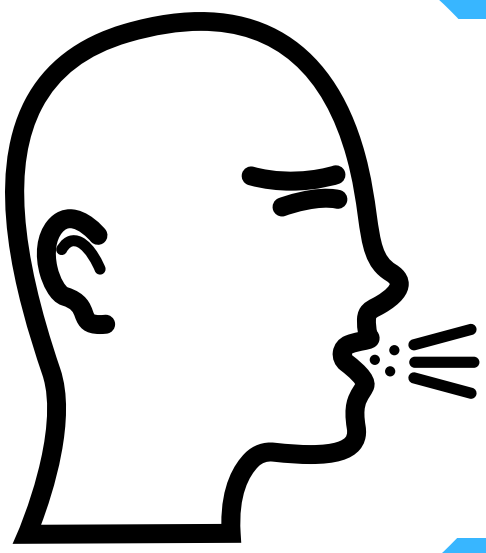


# Dragðu úr sýkingarhættu vegna COVID-19



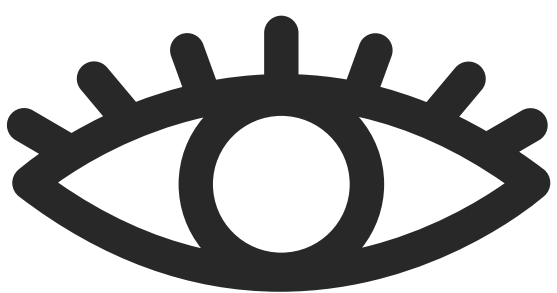
Hreinsaðu hendur með vatni og sápu eða handspritti



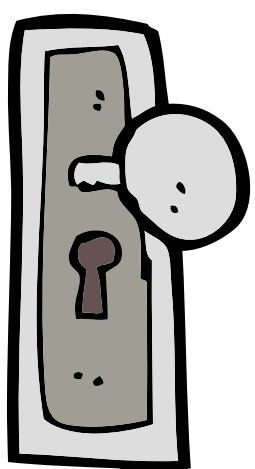
Hóstaðu eða hnerraðu í krepptan olnboga eða í pappír



Forðastu náið samneyti,  
þ.m.t. handaband, faðmlög og kossa



Gættu hreinlætis og forðast  
snertingu við augu, nef og munn

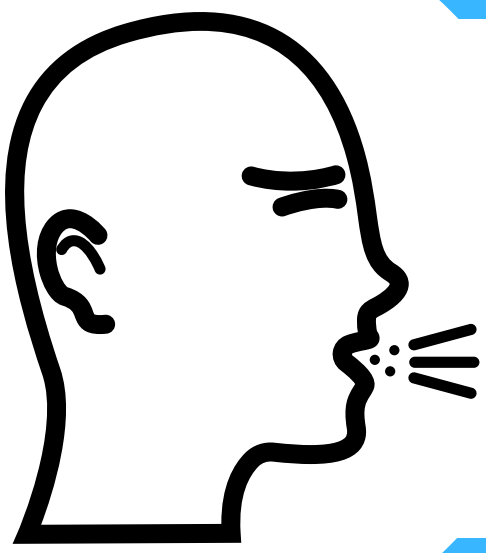


Gættu að snertiflötum á fjölförnum stöðum  
s.s. handriðum, lyftuhnöppum, snertiskjám,  
hurðahúnum og greiðsluposum

# Prevent the spread of COVID-19



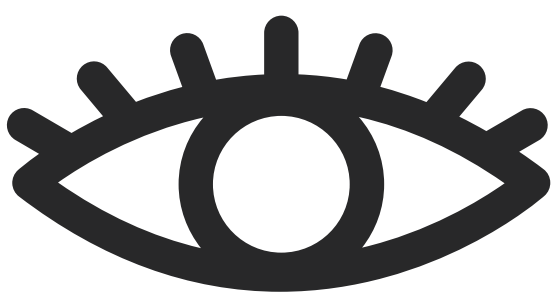
Wash hands frequently with water and soap and/or disinfectant



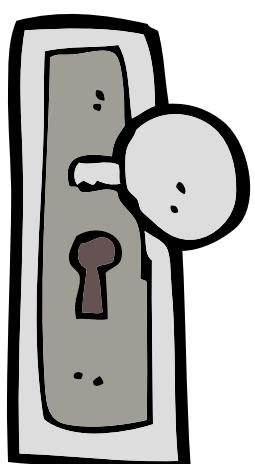
Cover your mouth and nose with flexed elbow or tissue paper when coughing and sneezing



Avoid close contact, e.g. handshaking, hugs and kisses



Avoid touching eyes, mouth and nose with uncleaned hands



Surfaces (e.g. desks and tables) and objects (e.g. telephones, keyboards, elevator buttons, touch screens, door knobs) need to be wiped with disinfectant regularly