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.
- Always leave your contact details whenever possible so you can be traced.
- Isolate yourself if you test positive.
- Quarantine yourself if you’ve had contact with someone who has tested positive.
- Continue to work from home if possible.

www.foph-coronavirus.ch