

COVID-19

Protect yourself and others

Adopt the following measures to help to stop the spread of infection:



COUGH



FEVER



HEADACHE OR
SORE THROAT



RUNNY /
STUFFY NOSE



LOSS OF
SMELL/TASTE



DIARRHOEA/
VOMITING

If you have any symptoms **DON'T GO TO CAMPUS**. Notify your supervisor or reference person at Johan Cruyff Institute.



The key sanitary measure is hand hygiene. **Wash your hands frequently** (hand sanitizer or soap and water).



Always wear a face mask when you visit, walk around and remain on campus.



Cough and sneeze into your elbow. Use disposable tissues and wash your hands immediately after using them.



Avoid greetings that involve physical contact with hands and face.



Keep a safe distance from others (1.5 to 2 meters) and always wear a face mask.



Avoid touching your face, especially your eyes, nose and mouth.



Avoid sharing office equipment and supplies (computers, pens, telephones, etc.). If you have to share these items, clean them first with a wipe or a tissue moistened with sanitizer or another suitable system.



Avoid agglomerations when entering buildings, classrooms, libraries, etc. Entering and leaving these spaces should be done in an orderly fashion.



Abide by posted building instructions.



YOU MATTER TO US. THE ENTIRE JOHAN CRUYFF INSTITUTE COMMUNITY MATTERS TO US.