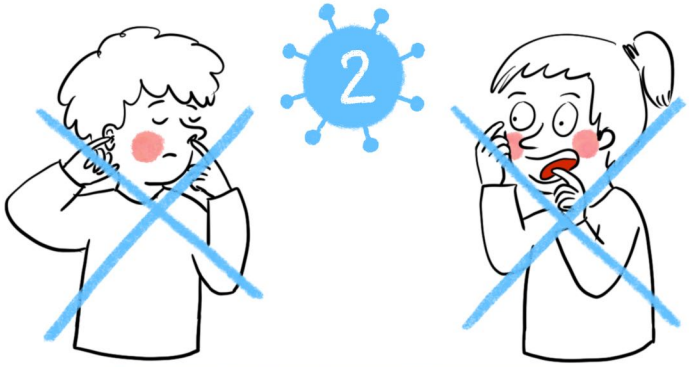
The 6 barrier gestures

1

I wash my hands regularly with soap and water, or with a special gel

2



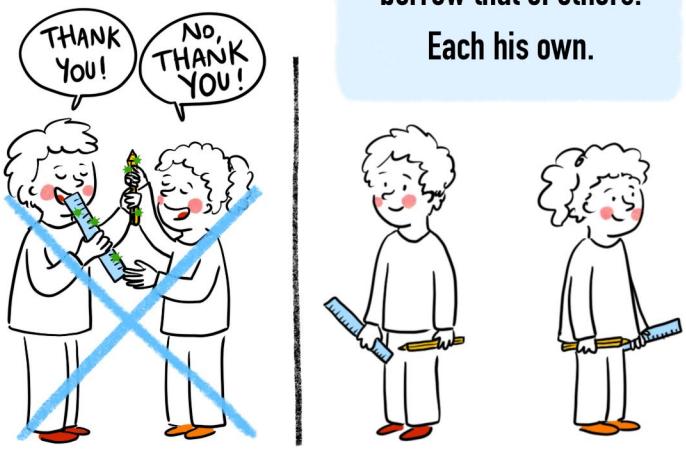
I try not to touch my face or put my fingers in my nose, eyes and mouth.

3

If I sneeze or cough, I do it in my elbow. Then, I wash my hands as a precaution.

4

I do not lend my things or borrow that of others. Each his own.



5

I keep my distance. No cuddles, kisses or hugs.

6

If I need to blow my nose
- A I use a tissue paper
- B I throw it away immediately after use
- C I wash my hands soon after

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