Recommendations to prevent the spread of coronavirus (COVID-19)

What is coronavirus?

Coronaviruses are a large family of viruses that cause different diseases. A new type of coronavirus is the COVID-19 that is currently present in several countries, like Chile.

What are the symptoms?

- Fever
- Cough
- Shortness of breath
- Severe headache. Muscular pain.

How to take care of ourselves?

To avoid the spread of the virus, we recommend:

- Be responsible and avoid contact with other people.
- Wash your hands with soap and water for at least 20 seconds.
- Wash your hands several times a day.
- Use hand sanitizer to disinfect your hands.
- Clean the surfaces and objects you use.
- When you sneeze, cover your nose and mouth with your arm.
- Maintain a minimum distance of 1 meter between yourself and others.
- Stay home. Only leave your home if it is strictly necessary, for example, to go to work, to buy food or medicine. If you leave home, wash your hands all the time counting 21 seconds.