







2020-2021  
**TIME TO THINK** *OUTSIDE The box*

### Measures to Prevent Contagion

It is proven that getting infected with COVID-19 can be effectively avoided if we follow a series of prevention measures. When we incorporate these measures to our daily life, we will be in a better position to protect ourselves and our loved ones. These measures are the following:

-  **1)** Avoid touching our eyes, nose and mouth.
-  **2)** Wash our hands constantly with abundant soap during at least 20 seconds.
-  **3)** If washing our hands is not possible, apply gel at 70%, rub our hands and wait for the gel to dry.
-  **4)** Wear an adequate face mask that covers our nose and mouth and that is sufficiently tight every time we are near people who do not live with us.
-  **5)** Whenever possible, keep 1.5 meters away from people who do not live with us.
-  **6)** Whenever possible, choose open or well ventilated spaces to interact with people that do not live with us.