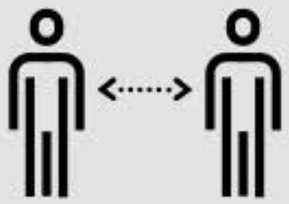
SCHUTZ VOR INFEKTIONEN

1.  **Abstand halten**

2. **Ansammlungen meiden**

3. **Verzicht auf Begrüßung**

4. **Husten in die Ellenbeuge**

5. **Hände nicht ins Gesicht**

6. **Hände öfter waschen**

7. **Häufig lüften**

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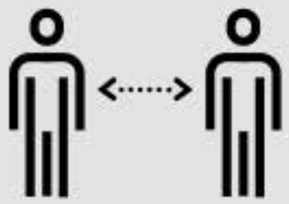
PROTECTION AGAINST INFECTIONS

1.  **Maintain a personal distance**

2. **Avoid gatherings of people**

3. **Do not shake hands**

4. **Do cough into the crook of your arm**

5. **Do not touch your face**

6. **Do wash hands frequently**

7. **Do ventilate frequently**

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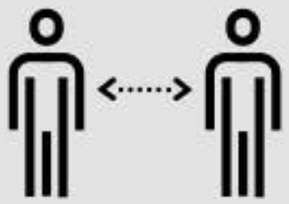
ENFEKSIYONA KARŞI KORUNMA

1.  **Mesafeli durunuz**

2. **Kalabalıktan uzak durunuz**

3. **El sıkışmayın!**

4. **Dirsek arasına öksürün!**

5. **Ellerinizle yüzünüzü ellemeyin!**

6. **Ellerinizi sıkça yıkayın!**

7. **Evinizi sıkça havalandırın!**

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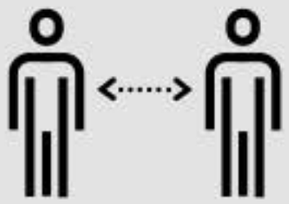
MBROJTJE NDAJ INFEKSIONEVE

1.  **Mbani distancë**

2. **Shmangni grumbullimet në turmë**

3. **Hiqni dorë nga përshëndetja me shtrëngim dore**

4. **Kollituni në bërryla**

5. **Mos i vendosni duart në fytyrë**

6. **Lajini duart më shpesh**

7. **Ajrosni (ambjentin) më shpesh**

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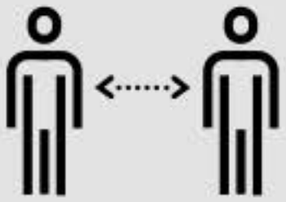
الوقاية من العدوى

اترك مسافة



تجنب التجمعات

التخلي عن المصافحة والعناق

وضع كوع اليد امام الفم عند السعال

تجنب ملامسة الوجه باليدين

الإكثار من غسل اليدين بالماء والصابون

تهوية الأماكن المغلقة بشكل متكرر

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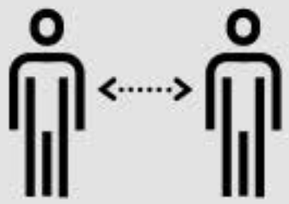
ZAŠTITA OD INFEKCIJA

1.  **Drži odstojanje**

2. **Izbegavaj okupljanje**

3. **Odričite se pozdravljanja**

4. **Kašljite u predelu lakta**

5. **Ruke ne stavljati na lice**

6. **Ruke oprati često**

7. **Provetravajte češće**

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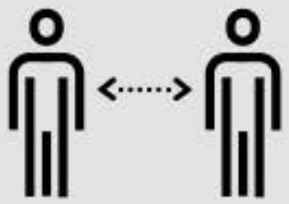
ПРЕДПАЗВАНЕ ОТ ЗАРАЗА

1.  **Спазвайте дистанция**

2. **Избягвайте тълпите**

3. **Не се ръкувайте**

4. **Кашляйте в свивката на лакътя си**

5. **Не пипайте лицето си**

6. **Мийте често ръцете си**

7. **Проветрявайте често**

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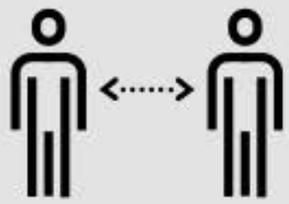
疫情期间，防护措施

1.  请保持安全距离

2. 请避免人群聚集

3. 暂免肢体接触式的问候礼节，如握手寒暄

4. 咳嗽时，请以手臂遮掩，以防口液喷沫

5. 避免用手触摸脸部

6. 请常洗手，保持卫生

7. 请常开窗疏通气流

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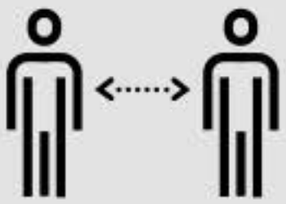
حفاظت در برابر عفونتها

فاصله را حفظ کنید



از تجمع خودداری کنید

خود داری از خوش آمدگویی و سلام

عطسه یا سرفه کردن در آرنج

دستان خود را در صورت قرار ندهید

شستن دستان چندین بار در روز

اتاق ها را چندین بار هوا دهید

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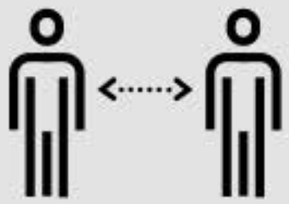
PROTECTION CONTRE LES INFECTIONS

1.  Respecter un écart

2. Éviter tout groupe de personnes

3. renoncer à se saluer

4. tousser dans le creux de votre bras

5. ne pas porter les mains au visage

6. se laver les mains plus souvent

7. aérer fréquemment

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ΠΡΟΣΤΑΣΙΑ ΑΠΟ ΛΟΙΜΩΞΕΙΣ

1. Κρατάτε απόσταση

2. Αποφεύγετε συγκεντρώσεις

3. Να αποφεύγετε τις χειραψίες

4. Να βήχετε στον αγκώνα σας

5. Μην βάζετε τα χέρια σας στο πρόσωπό σας

6. Πλένετε τα χέρια σας πιο συχνά

7. Να αερίζεται τους χώρους πιο συχνά

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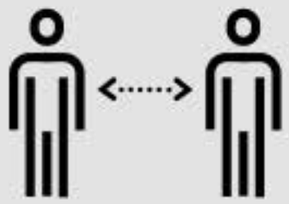
PER PROTEGGERSI DALLE INFEZIONI

1.  **Mantenere la distanza**

2. **Evitare gli assembramenti**

3. **Evitare di stringere le mani quando si saluta**

4. **Starnutire nell'incavo del gomito**

5. **Non toccarsi il viso con le mani**

6. **Lavarsi spesso le mani**

7. **Ventilare spesso gli ambienti**

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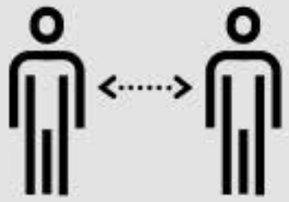
PARASTIN JI INFÊKZIONÊ

1.  **Dûr besekinin**

2. **Ji komên mirovan dûr bikevin**

3. **Destên xwe neden hev du**

4. **Dî enişka xwede bîkoxe**

5. **Destên xwe nedên serçavin xwe**

6. **Destên xwe Pîrcaran bîşon**

7. **Heway dî jora da gelekcaran bîguhare**

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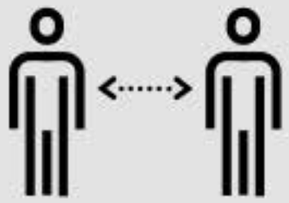
PODSTAWOWE ŚRODKI OCHRONNE PRZECIWKO INFEKCJI

1.  **Zachować dystans**

2. **Unikać zgromadzeń osób**

3. **Unikaj bliskiego kontaktu z innymi osobami**

4. **Podczas kaszlu i kichania zakryj usta i nos zgiętym łokciem**

5. **Unikaj dotykania twarzy**

6. **Często myj ręce**

7. **Wietrz często pomieszczenia**

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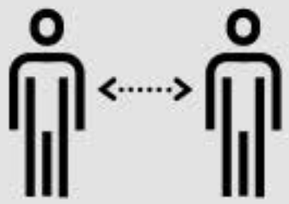
PROTEÇÃO CONTRA INFEÇÕES

1.  **Por favor, mantenha e respeite a distância de segurança**

2. **Evite quaisquer ajuntamentos de pessoas**

3. **Evite usar as mãos para cumprimentar**

4. **Tussa para o interior do cotovelo**

5. **Evite o contato entre as mãos e a face**

6. **Lave as mãos mais vezes**

7. **Areje frequentemente os ambientes**

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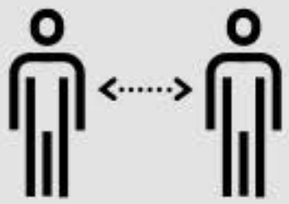
MĂSURI DE PREVENTIE ÎMPOTRIVA INFECȚIILOR

1.  Păstraţi distanţa

2. Evitaţi aglomeraţiile

3. Renuntati la salutul prin scuturarea mâinii

4. Cand strănutați, acoperiți gura cu cotul

5. Nu puneți mâinile pe fata

6. Spălătiva des pe mâini

7. Aerisiti des

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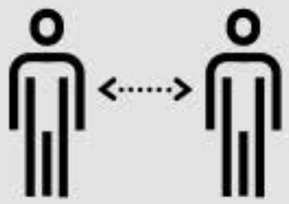
ЗАЩИТА ОТ ИНФЕКЦИИ

1.  **Соблюдайте дистанцию**

2. **Избегайте скоплений людей**

3. **Избегайте приветственных рукопожатий и поцелуев!**

4. **Прикрывайте нос и рот при кашле и чихании!**

5. **Не касайтесь лица руками!**

6. **Мойте руки чаще!**

7. **Проветривайте чаще!**

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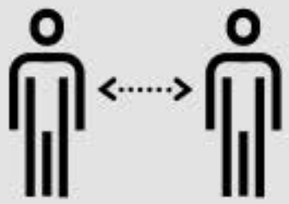
PROTECCIÓN CONTRA INFECCIONES

1.  **Mantengan las distancias**

2. **Eviten aglomeraciones**

3. **Renunciar al saludo**

4. **Toser en el interior del codo**

5. **No tocarse la cara con las manos**

6. **Lavarse las manos a menudo**

7. **Ventilar con frecuencia**

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