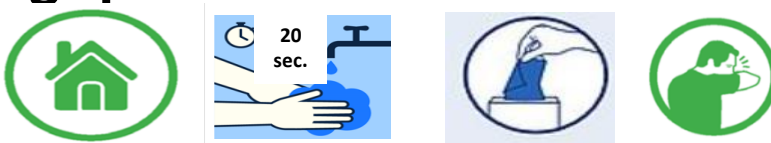




## Si të mbrohemi ndaj viruseve siç është Koronavirusi COVID-19 ose gripi i i stinës?



1. Nëse jeni sëmurë, qëndroni në shtëpi.
2. Lani duart rregullisht.
3. Përdorni gjithmonë peceta (shami) të reja prej letre dhe i hidhni ato në një kosh me kapak të mbyllur.
4. Nëse nuk ju gjendet shami në dorë, tështini ose kollituni në cep të bërrylit..

## Të ngadalësojmë përhapjen e virusit



1. Mundohuni të mos jepni dorën, të përqaftoni kur doni të përshëndesni dikë
2. Tregoni kujdes për grupet në rrezik ( njerëzit mbi moshën 65 vjeç, diabetikët, njerëzit me sëmundje të zemrës, të mushkërive ose të veshkave, ...
3. Fëmijët nuk sëmuren rëndë nga koronavirusi por mund ta përhapin atë lehtësisht  
Prandaj, kontakti midis fëmijëve dhe të moshuarve, nuk rekomandohet.
4. Mbani distancën tuaj në vendet me shumë njerëz.
5. Shmangni kontaktin me njerëz të sëmurë dukshëm ose mbani një distancë të mjaftueshme.

**Në rast se keni simptoma të gripit, ju lutemi, telefonojini mjekut tuaj.  
Mos shkoni as te mjeku dhe as në spital..**



Temperaturë

Kollë

mbajtje fryme

fyt i skuqur

dhimbje koke

# GOVERNMENTAL MEASURES CONCERNING THE CORONAVIRUS 18 MARCH 12 AM - 5 APRIL 2020 INCLUDED



[www.info-coronavirus.be](http://www.info-coronavirus.be)

**STAY  
HOME  
SAVE  
LIVES**

## OUTINGS AND TRAVEL

**Citizens are required to stay home**, except for commuting to work and for essential travel (going to the pharmacy, food shops, gas pump, doctor, post office, bank or helping those in need). Outdoor activity is recommended, but only with a family member or friend, provided that a certain distance is maintained.

All gatherings are strictly forbidden.

## WORK

Companies should arrange telework for all functions for which it is possible. For other functions, the rules of social distancing must be respected. Those who cannot comply with these rules will have to close down. A company may be heavily fined for non-compliance, or even closed down in the event of a repeated offence.

These measures are not applied to crucial sectors.

## SHOPS

Shops (excluding food shops, pharmacies, pet shops and bookshops) must close.

Access is restricted: one person per 10 square meters and a maximum of 30 minutes for doing the shopping.

Hairdressing salons may remain open, provided that only one customer is admitted at a time.

Night shops can stay open until 10pm, respecting the rules.

Markets will be closed.

Deliveries and takeaways are still possible.

All cultural and recreational places are closed.

## TRANSPORTS

Public transportation will have to guarantee social distancing.

Travel outside Belgium that is not considered essential is prohibited until 5 April.

## SCHOOLS

Classes are suspended. A childcare will be organised at least for the children of medical, health care and authority departments (public safety) staff. For children who cannot be cared for other than by the elderly, parents will also be able to find solutions in schools.

## CHILDCARE CENTRES REMAIN OPEN

HIGHER EDUCATION INSTITUTIONS AND UNIVERSITIES Only distance learning.