

To the residents at Vejlesøparken

The authorities' extensive intervention in the everyday community life aims at breaking the chains of infection and thereby delaying the explosive spreading of the corona virus.

If you are healthy, avoid infection by observing these measures:

1. Wash your hands frequently and/or use hand spray
2. Cough or sneeze into your sleeve at elbow level - not into your hands
3. Avoid handshakes, kisses and hugs – avoid or limit physical contact
4. Observe meticulous cleaning - both at home and at work
5. Keep a distance to others, and ask others to pay attention

Stay in your apartment to the greatest extent possible*

If you do go out (shopping/working), please, observe these measures:

- Walk or take the bike if at all possible*
- Use public transport outside of rush hours
- Show consideration for other people you meet in public places
- Remember good hand hygiene (use gloves if necessary)
- Do not travel by public transport if you are ill or suspected of being infectious

Wash hands immediately when coming home to avoid contaminating yourself and your apartment

If you are ill or feeling ill, avoid infecting others by observing these measures:

- A. Stay at home. Contact others by telephone, mail or internet
- B. Focus on good hand hygiene, also in your own home
- C. Daily cleaning – especially of toilet/bath, kitchen and door handles
- D. Direct questions to the Corona Hotline at 7020 0233 in order to avoid unnecessary strain on your family physician/the health care system
- E. Ask neighbors or others to do your shopping for you
- F. If you have pets, ask others to take them for a walk

If necessary, contact the building manager for advice regarding shopping and pets.

If you become very ill and experience breathing problems:

- a) Contact your family physician by phone, but do stay at home
- b) If necessary, contact emergency telephone: 1813 (Capital Region of Denmark)

If necessary, contact Vejlesøparkens emergency telephone (+45) 27 26 07 09 for practical support.

*Walks in the forest are generally a healthy activity and can be recommended.

Joint Authority Hotline: 7020 0233

Joint Authority Website: coronasmitte.dk

<https://politi.dk/corona>