

# Avoid the 3 Cs and aim for Zero C



Avoid  
Close-contact  
settings



Avoid  
Crowded  
places



Avoid  
Closed  
spaces

## Interacting with others



- **Make enough space** with others!
- **Avoid crowded places or busy times!**
- **Work remotely** and rotate commuting shifts!
- **Avoid close-contact settings and crowded places, even outdoors!**

**Important**

**Wear a mask when talking**



Do not force yourself to commute or go out if you feel sick

## Dining



- **Keep it short.**  
**Small gatherings only.**  
**Do not speak loudly!**
- **Choose restaurants compliant with the guidelines!**  
(shields installed, regularly sterilized and ventilated)
- **Choose take-out and delivery options!**

