

# GENERAL HYGIENE ADVICE



Please maintain a minimum social distance of 1.5 metres.



If you are unable to maintain this distance, then please wear a mouth-and-nose covering.



Please follow the markings and the instructions of stadium staff.



When coughing or sneezing, maintain distance to others and turn away.



Sneeze into the bend of your arm or into a tissue which is then disposed of.



Avoid touching your face.



Wash your hands regularly with soap and water for at least 20 seconds!  
Maybe sing the first verse of our club anthem!



Avoid contact when greeting others.