

Viral infections – hygiene works!

By taking just a few simple measures, you can help protect yourself and others against infectious diseases.

Key hygiene tips:



If you need to cough or sneeze, use a tissue or the crook of your arm – if you use a tissue, make sure you dispose of your used tissue in a bin with a lid.



Keep your hands away from your face – avoid touching your mouth, eyes or nose with your hands.



Keep your distance from people who are coughing, sniffing or who have a fever – including those suffering from seasonal cold and flu illnesses.



Avoid direct contact (e.g., do not shake hands or hug) when welcoming other people or saying goodbye.



Wash your hands regularly and properly (at least 20 seconds) with soap and water – especially after blowing your nose, sneezing or coughing.



Find more information on protecting yourself and others against infectious diseases and FAQ about novel coronavirus on www.infektionsschutz.de and www.bzga.de



infektionsschutz.de
Wissen, was schützt