

Prevent infections – join in!

Albert-Ludwigs-Universität Freiburg



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Wash your hands regularly

- Before preparing meals
- Before eating meals
- After using the bathroom
- After blowing your nose, coughing and sneezing
- Before and after coming into contact with sick people
- After petting an animal



Wash your hands thoroughly

- Hold your hands under running water
- Rub your soapy hands together for 20-30 seconds
- Rinse your hands under running water
- Dry your hands with a clean towel



Keep your hands away from your face

- Do not touch your eyes, nose or mouth with unwashed hands



Coughing and sneezing etiquette

- Turn away from others and keep your distance while coughing and sneezing
- Use disposable tissues or the crook of your arm to cover your mouth and nose while coughing and sneezing



Keep pathogens at bay

- Avoid close contact
- Do not shake people's hands
- Keep a distance of one to two meters from sick people
- Clean wounds, disinfect them and place a Band-Aid or gauze over them