Prevent infections – join in!

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

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 then and place a Band-Aid or gauze over them

Keep your hands away from your face
- Do not touch your eyes, nose or mouth with unwashed hands

Quelle: Bundeszentrale für gesundheitliche Aufklärung (BZgA)