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, sniffling or who have a fever – including those suffering from seasonal cold and flu illnesses.

- Avoid touching (e.g. shaking hands or hugs) when you greet other people or say 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 FAQs about novel coronavirus on [www.infektionsschutz.de](http://www.infektionsschutz.de) and [www.bzga.de](http://www.bzga.de)