



## Preventing infection:

# The most important hygiene tips

We encounter a wide variety of pathogens, such as viruses and bacteria, in our everyday lives. Simple hygiene measures contribute to protecting ourselves and others from contagious and infectious diseases.

### 01 Wash your hands regularly

- when you come home
- before and during food preparation and before meals
- after using the toilet
- after blowing your nose, coughing or sneezing
- before and after contact with sick people
- after contact with animals

### 02 Washing your hands thoroughly

- Put your hands under running water
- Rub soap on to all sides of your hands
- for 20–30 seconds
- Rinse your hands under running water
- Dry with a clean towel

### 03 Keep your hands away from your face

- Avoid touching your mouth, eyes or nose with unwashed hands.

### 04 Keep your distance if you are ill

- Recuperate at home
- Avoid close physical contact
- In the event of a high risk of infection, it might be useful for others to stay in a separate room or use a separate toilet.
- Do not use the same personal items, such as tissues or drinking glasses.

### 05 Cough and sneeze in the right way

- It is best to cough and sneeze into a tissue or hold the crook of your arm in front of your mouth and nose.
- Keep your distance from other people and turn away.

### 06 Protecting wounds

- Cover injuries and wounds with a plaster or bandage.

### 07 Keep your home clean

- Clean the bathroom and kitchen regularly with standard household cleaners.
- Let cleaning cloths dry properly after use and replace them frequently.

### 08 Treat food hygienically

- Always store sensitive food in a cool place.
- Avoid contact from between animal products and food consumed raw.
- Cook meat at at least 70°C.
- Wash raw fruit and vegetables thoroughly before consumption.

### 09 Washing dishes and textiles at a high temperature

- | Clean kitchen utensils with warm water and washing-up liquid or in the machine at at least 60°C.
- | Wash dishcloths and cleaning cloths as well as towels, bed linen and underwear at at least 60°C.

### 10 Ventilate regularly

- | Ventilate closed rooms several times a day for a few minutes by opening the windows wide.