



Wash your hands regularly

To avoid transmission of viruses or bacteria, wash your hands regularly and thoroughly

- after you come home
- after visiting the toilet
- before and while you are preparing food and before meals
- before and after contact with sick persons
- after blowing your nose, coughing or sneezing

Wash your hands thoroughly

- hold your hands under running water
- rub your hands thoroughly with soap. Make sure that the individual fingers, the gaps and the fingertips are also wet
- rub soaped hands for around 20 to 30 seconds
- rinse off under running water
- dry off using a clean towel (change towels regularly)

Keep your hands away from your face/ Protect wounds

To avoid transmission through mucous membranes or open wounds, follow the advice below:

- don't touch your mouth, eyes or nose with unwashed hands
- Cover wounds or injuries with plasters or bandages (available from your local pharmacy)

Caring for your hands

to protect the skin from drying out, apply a hand care cream after washing to your hands (available from your local pharmacy)



Keep your distance if you are ill

If you are ill, protect others from infection:

- Recover at home
- avoid close contact with others and stay, where possible, in a separate room
- use your own personal items (towels, dishes/cutlery, glasses, etc.)
- Cough and sneeze preferably in a clean paper tissue or in the crook of your arm, keep your distance and turn away from other people

Hygiene at home

- thoroughly clean kitchen utensils, especially dishes / cutlery / glasses (dishwasher at at least 60 ° C or with warm water and detergent)
- Regularly clean your kitchen and bathroom with household detergents. Change the cleaning cloth regularly and wash them after use and let them dry well