



How to protect
yourself
against colds,
flu, RSV and
COVID-19!

Respiratory tract infections – Hygiene protects!

The most important hygiene tips



Stay at home if you are ill



Consider hygiene when coughing
and sneezing



Wash your hands on a regular basis



Wear a mask if necessary



Keep your distance from people
who are ill



Keep your hands away from
your face



Ventilate rooms regularly and
thoroughly



Regularly clean surfaces that are
frequently touched

