Viral infections – hygiene works!

By taking just a few simple measures, you can help protect yourself and others against infectious diseases.

Key hygiene tips:

1. **Keep your distance from people who are coughing, sniffling or who have a fever** – including those suffering from seasonal cold and flu illnesses.

2. **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.

3. **Keep your hands away from your face** – avoid touching your mouth, eyes or nose with your hands.

4. **Wash your hands regularly and properly (at least 20 seconds) with soap and water** – especially after blowing your nose, sneezing or coughing.

More information on protecting yourself against infectious diseases and the updated FAQs about novel coronavirus are available on the Federal Centre for Health Education (BZgA): www.infektionsschutz.de