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 direct contact (e.g., do not shake hands or hug)** when welcoming other people or saying 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 FAQ about novel coronavirus on [www.infektionsschutz.de](http://www.infektionsschutz.de) and [www.bzga.de](http://www.bzga.de)