#zusammengegencorona
For coronavirus too
#wirbleibenzuhause

Viral infections – hygiene works!

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

Key hygiene tips:

Maintain sufficient distance to other people, particularly those who have a cough, runny nose, or fever – to protect against the coronavirus and the prolonged flu and cold season.

Avoid touching (e.g. shaking hands or hugs) when you greet other people or say goodbye.

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.

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 **and** www.bzga.de

infektionsschutz.de
Wissen, was schützt.