

# 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, sniffing 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)



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