**Preventing infection:**

*The most important hygiene tips*

We encounter a wide variety of pathogens, such as viruses and bacteria, in our everyday lives. Simple hygiene measures contribute to protecting ourselves and others from contagious and infectious diseases.

**Wash your hands regularly**
- When you come home
- Before and during food preparation and before meals
- After using the toilet
- After blowing your nose, coughing or sneezing
- Before and after contact with sick people
- After contact with animals

**Washing your hands thoroughly**
- Put your hands under running water
- Rub soap on to all sides of your hands
- For 20–30 seconds
- Rinse your hands under running water
- Dry with a clean towel

**Keep your hands away from your face**
- Avoid touching your mouth, eyes or nose with unwashed hands.

**Keep your distance if you are ill**
- Recuperate at home
- Avoid close physical contact
- In the event of a high risk of infection, it might be useful for others to stay in a separate room or use a separate toilet.
- Do not use the same personal items, such as tissues or drinking glasses.

**Cough and sneeze in the right way**
- It is best to cough and sneeze into a tissue or hold the crook of your arm in front of your mouth and nose.
- Keep your distance from other people and turn away.

**Protecting wounds**
- Cover injuries and wounds with a plaster or bandage.

**Keep your home clean**
- Clean the bathroom and kitchen regularly with standard household cleaners.
- Let cleaning cloths dry properly after use and replace them frequently.

**Treat food hygienically**
- Always store sensitive food in a cool place.
- Avoid contact from between animal products and food consumed raw.
- Cook meat at at least 70°C.
- Wash raw fruit and vegetables thoroughly before consumption.

**Washing dishes and textiles at a high temperature**
- Clean kitchen utensils with warm water and washing-up liquid or in the machine at at least 60°C.
- Wash dishcloths and cleaning cloths as well as towels, bed linen and underwear at at least 60°C.

**Ventilate regularly**
- Ventilate closed rooms several times a day for a few minutes by opening the windows wide.