



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.

01 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

02 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

03 Keep your hands away from your face

- Avoid touching your mouth, eyes or nose with unwashed hands.

04 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.

05 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.

06 Protecting wounds

- Cover injuries and wounds with a plaster or bandage.

07 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.

08 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.

09 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.

10 Ventilate regularly

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