



## General recommendations on personal infection hygiene

With a view to the current spread of influenza and Corona viruses, the following rules on personal protection are recommended:

### 1. Washing and caring for your hands correctly

Wash your hands with soap for 20 to 30 seconds many times a day, also in between your fingers. Care for your skin regularly with a skin care cream.

### 2. Keep hands away from face

Avoid touching your mouth, nose or eyes with your hands, because this is the way in which viruses can pass from the hands into the body via the mucous membranes.

### 3. Coughing and sneezing hygienically

When you cough and sneeze, keep at a distance from other people. Cough and sneeze into a disposable handkerchief or the crook of your arm, in no cases into your hand. The handkerchief should be disposed of immediately after a single use.

### 4. Pay attention to first signs

Pay attention to increased temperature, a feeling of sickness, coughing and limb pain. If you feel sick, arrange an appointment with your family doctor by phone for a discussion and diagnostics, in order to avoid the risk of contagion in the waiting room.

### 5. Protect others

Keep at a distance of 1.5 metres as far as possible. If you have to cough or sneeze, the best thing is to turn away. If you are ill, do without physical contact such as shaking hands, embracing, kissing etc.. If you are being treated at home, stay in a separate room if this is possible. Pay attention to general cleanliness of your residence, in particular in the kitchen and bathroom. There is also a clear recommendation for blowing your nose: always use a disposable handkerchief which you really only use once and dispose of immediately, e.g. in a plastic bag which is available by your bed. If possible, wash your hands afterwards in order to avoid transmission of the virus to other people.

### 6. Regularly ventilate closed rooms

Ventilate closed rooms three to four times a day for ten minutes at a time. In this way, the number of viruses in the air is reduced, drying out of the mucous membranes in your mouth and nose is reduced.

### 7. Keep at a distance, avoid crowds of people

Viruses particularly spread when people come close to one another. So you can avoid contagion if you keep at a distance from other people as far as possible.

### 8. Know about hygienic masks

A hygienic mask of a multi-layered filter surface which is worn over the chin, mouth and nose (mouth and nose protection, e.g. from a pharmacy) primarily prevents the number of germs which are exhaled into the environment by the user. They also protect against inhalation of large drops or splashes to a limited extent.

