

So simple, so effective: prevent infections

Wash your hands

as often as possible. Follow 4 steps:



Running water



Soap for **at least 20 seconds** from all sides



Rinse off thoroughly



Dry with a clean towel

Disinfect your hands

dry hands, **at least 3 ml, 30 seconds** in 6 steps:



Palms



Back of the hand



Palms with interlaced spread fingers



Rub interlocked fingers



Rub thumbs circling

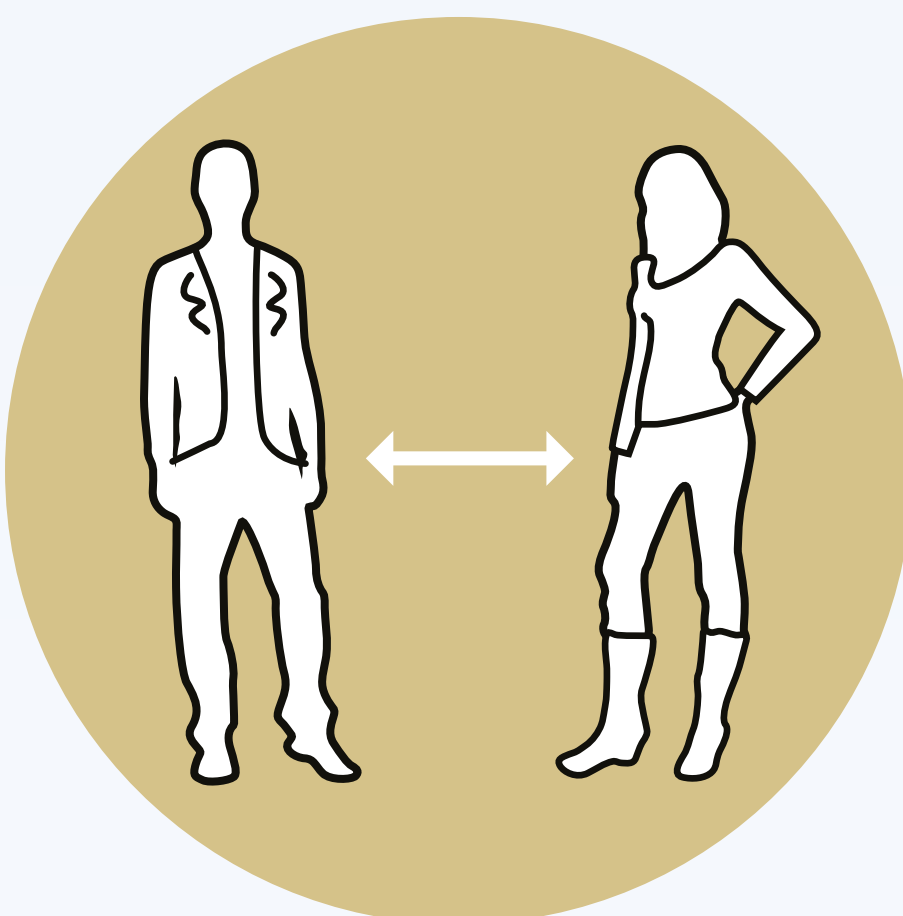


Rub fingertips circling in the palm

Contact



Avoid handshakes



Keep distance (min. 1.5 m)



Avoid contact with infected persons

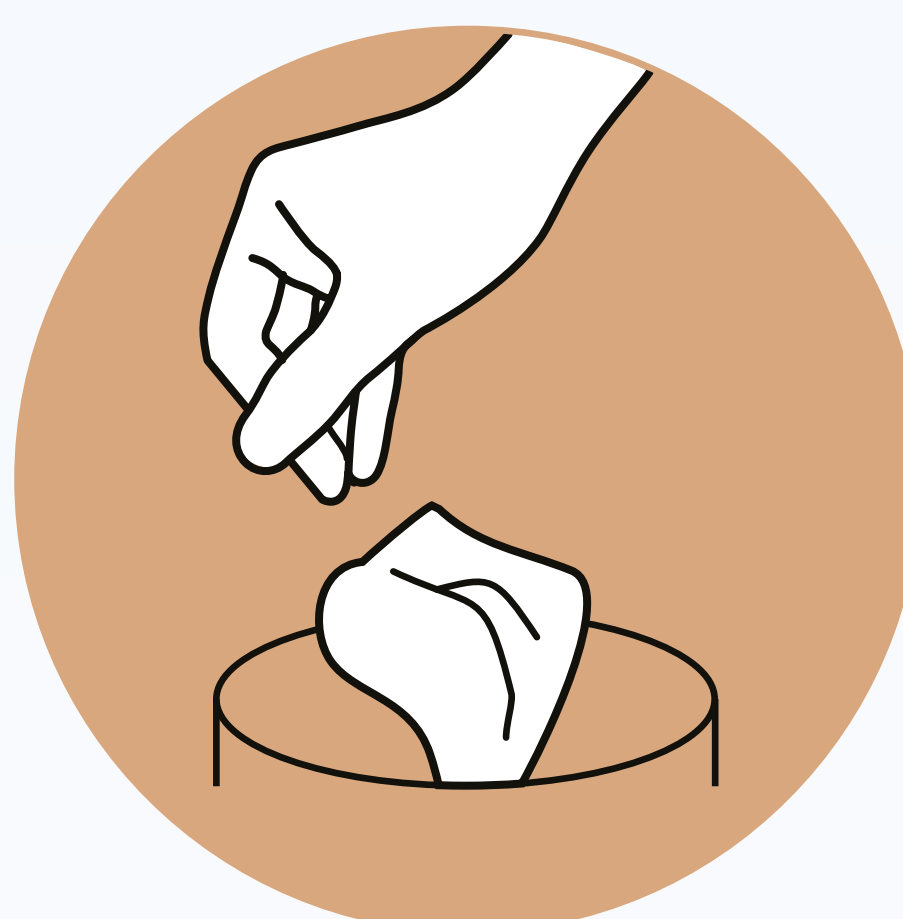
Cough & Sneeze



Cough and sneeze in the crook of your arm



Cough and sneeze into a clean tissue



Dispose tissue afterwards (hands washing/disinfecting)

Case of illness



Seek advice by telephone



Seek medical help

Help to prevent infections.
Thank you!