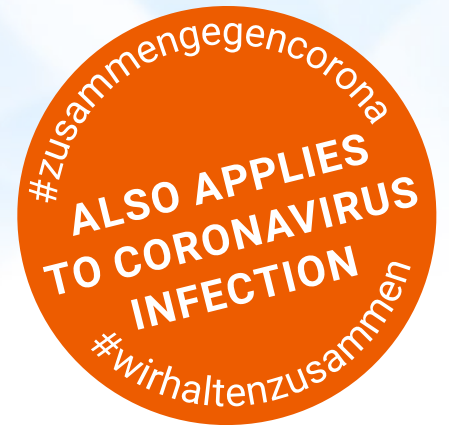# Viral infections –
hygiene protects!

These measures help protect you and others from infectious diseases – including the coronavirus.

#zusammengegencorona ALSO APPLIES TO CORONAVIRUS INFECTION #wirhaltenzusammen

The most important hygiene tips:

Keep your distance
Where possible, always maintain a distance of at least 1.5 metres from other people. Particularly if they show signs of illness, such as a cough, runny nose and sneezing or fever.

Stay at home if you are ill
If you have symptoms of a respiratory infection, such as a cough, runny nose and sneezing or fever, then stay at home. Reduce direct contact with other people. If necessary, call a doctor for advice.

Avoid physical contact
Do not shake hands or hug when you greet people or say goodbye.

Take hygiene precautions when coughing or sneezing
Sneeze or cough into the crook of your arm or a tissue – then dispose of the tissue in a bin.

Do not touch your face
Avoid touching your mouth, eyes or nose with your hands.

Wash your hands regularly throughout the day
Wash your hands with soap and water for at least 20 seconds.

Wear a mask over your mouth and nose where required
Stay up to date with the current regulations. Always wear a mask over your mouth and nose where required. You should generally wear a mask if you have symptoms and have to leave the house, and when you cannot maintain the minimum distance of 1.5 metres from other people.