

# General Infection Protection Measures / Basic Hygiene Rules



- Avoid hand-to-hand contact, do not shake hands.
- Wash your hands regularly, e.g.
  - after contact with other people.
  - after touching objects that may have been touched by infected individuals, e.g. in public transport, door handles.
  - before meals.
  - after using the restroom.
  - after blowing your nose, coughing and sneezing.
  - before and after dressing changes.
  - after contact with animals.
- Maintain hand hygiene, i.e. wash hands thoroughly.
- Protect wounds (especially on the hands) by covering them with plaster or dressing.
- Keep your hands away from your face, i.e. avoid your touching eyes, mouth and nose, and do not touch your mouth, eyes or nose with unwashed hands.
- Keep your distance of one meter from other people, if possible.
- If possible, keep an even greater distance from coughing and sneezing individuals.
- If you are ill, keep a distance of about 2 meters to others, while absolutely adhering to good hygiene practices:  
Turn away from others, use a disposable handkerchief, and cough/sneeze in the crook of your arm, not in your hand.
- Ventilate rooms several times a day for about ten minutes.