

THE TOP 10 HYGIENE TIPS

01. Wash your hands regularly

- After going to the toilet
- Before and after eating
- After contact with animals
- When you get home
- Before and after preparing food
- After blowing your nose, coughing or sneezing
- Before and after contact with anyone who is ill

02. Wash your hands thoroughly

- Rinse with tepid water
- Use soap
- Rub all areas thoroughly
- Rinse well with water
- Dry properly

03. Keep your hands away from your face

04. The right way to cough and sneeze

- Keep your distance from other people
- Use a tissue
- If you don't have a tissue to hand: Sneeze/ cough into your elbow
- Throw the tissue away immediately
- Then wash your hand

05. Keep your distance from other people

- Avoid close physical contact
- Do not share personal items Rinse well with water

06. Cover wounds

07. Keep your home clean

- Clean regularly
- Change cleaning cloths regularly

08. Observe good food hygiene

- Refrigerate perishable food
- Avoid contact with raw animal products
- Heat meat to at least 70°C
- Wash fruit and vegetables

09. Wash crockery and clothes at hot temperatures of at least 60°C

10. Air rooms for a few minutes several times a day

