

Protect yourself from viruses and bacteria

# The top 10 hygiene tips

1

## 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

2

## Wash your hands thoroughly

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

3

## Keep your hands away from your face

4

## 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 hands

5

## Keep your distance from other people

- Avoid close physical contact
- Do not share personal items

6

## Cover wounds

7

## Keep your home clean

- Clean regularly
- Change cleaning cloths regularly

8

## Observe good food hygiene

- Refrigerate perishable food
- Avoid contact with raw animal products
- Heat meat to at least 158°F
- Wash fruit and vegetables

9

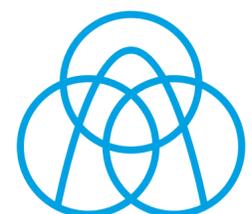
## Wash crockery and clothes at hot temperatures of at least 140°F

10

## Air rooms for a few minutes several times a day



osh  
because we care



thyssenkrupp

