Preventing infections:

**The Top Ten tips for hygiene**

We encounter many germs such as viruses and bacteria in everyday life. Simple hygiene precautions can help to protect ourselves and others from infectious or contagious diseases.

1. **Wash your hands regularly**
   - After you come home
   - Before and while you are preparing food
   - Before meals
   - After visiting the toilet
   - After blowing your nose, coughing or sneezing
   - Before and after contact with sick persons
   - After contact with animals

2. **Wash your hands thoroughly**
   - Hold your hands under running water
   - Apply soap from all sides
   - Rub hands for around 20 to 30 seconds
   - Rinse off under running water
   - Dry off using a clean towel

3. **Keep your hands away from your face**
   - Don’t touch your mouth, eyes or nose with unwashed hands

4. **Cough or sneeze properly**
   - Keep your distance and turn away from others when coughing and sneezing
   - Use a paper tissue or hold the crook of your arm in front of mouth and nose

5. **If you are ill, stay away from others**
   - Rest and recover at home
   - Avoid close contact with others while you are infectious
   - Stay in a separate room and, where possible, use a separate toilet
   - Do not share tableware or towels with other people

6. **Protect wounds**
   - Cover wounds with a plaster or bandage

7. **Keep your home clean**
   - Regularly clean your kitchen and bathroom in particular with household detergents
   - Ensure cleaning cloths can dry out properly after use and replace them often

8. **Handle food hygienically**
   - Always keep susceptible food well refrigerated at all times
   - Keep raw animal products away from food that is usually eaten raw
   - Cook meat at a minimum of 70 °C
   - Scrub fruit and vegetables thoroughly

9. **Wash tableware and clothing using a hot cycle**
   - Clean cutlery and kitchen utensils with hot water and a detergent – or in the dishwasher
   - Wash dishcloths, cleaning cloths, hand towels, flannels, bedclothes and underwear at a minimum of 60 °C

10. **Ventilate rooms often**
    - Ventilate enclosed spaces several times a day for a few minutes

Quelle: Bundeszentrale für gesundheitliche Aufklärung (BZgA) Stand 2016