

For coughs and colds:

SNEEZING AND COUGHING PROPERLY

LOWERS THE RISK OF INFECTION

Viruses and bacteria are also spread by droplet infection – which means they are sprayed into the air in tiny droplets when you cough or sneeze. So it's important to keep as far away from other people as possible when coughing and sneezing, and never to sneeze into your hand but into the crook of your arm or a disposable tissue. Just thinking of others for a second can really help to lower the risk of infection for us all.

Wherever possible, enclosed spaces should be aired for ten minutes at a time, three times a day. This lowers the risk of infection by reducing the concentration of viruses in the air.



SNEEZING AND COUGHING HYGIENICALLY

Keep it to yourself!

When coughing or sneezing, hold a tissue or the crook of your arm in front of your nose and mouth. Keep your distance and turn away from other people.

Keep it clean!

Blow your nose into a paper tissue. But use it only once! Don't forget to wash your hands afterwards.

Throw it away!

Don't leave tissues lying around. Don't put them in your pocket or handbag.

Put it in the bin!

Paper tissues belong in the bin. Bin it and close the lid.

And one more thing...

Wash your hands frequently when you have the sniffles!

Hygiene helps:

PROTECTION AGAINST INFECTION

You only need to remember a few things to reduce the risk of infection from contagious diseases such as colds, flu or gastrointestinal infections. Make sure your child knows these simple, basic rules for proper hygiene in day-to-day life.

For some infectious diseases, vaccines offer effective protection. So always remember to keep up-to-date with your courses of vaccinations.



TIPS FOR HYGIENE

The easy way to stay healthy

Don't forget:

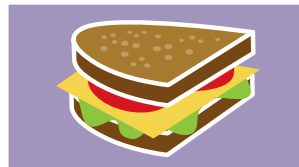
WASH YOUR HANDS

Viruses and bacteria that can cause infections can be found everywhere: on door knobs, on handrails on the bus – and on the hands of other people. It's easy to pass infectious microbes on with our hands.

Remember this simple rule:

WASH YOUR HANDS PROPERLY

SEVERAL TIMES A DAY!



▶ Before meals



▶ After visiting the toilet

... AND KEEP THEM AWAY FROM

YOUR FACE!

You can infect yourself if you have germs on your hands. At the times in the year when there are a lot of germs about, care should be taken not to keep touching the face with the hands (and especially not the mucous membranes around the mouth, nose and eyes)!



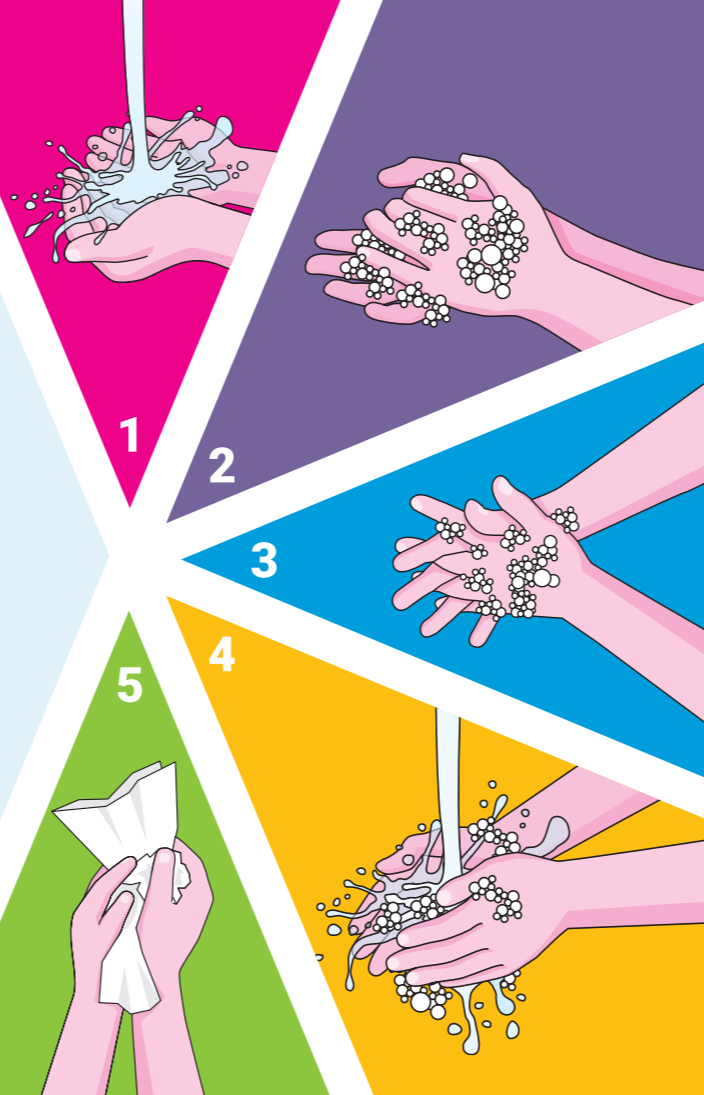
▶ After blowing your nose



▶ After playing outside



▶ After touching pets and animals



THE RIGHT WAY TO WASH YOUR HANDS

1. Make it rain!

First, hold your hands under running water.

2. Soap them up!

Gently rub soap into your hands – and not just the palms, but also the backs, your fingertips and the spaces between your fingers and thumbs.

3. Take your time!

Washing your hands properly takes at least 20 to 30 seconds. Children can count to 30 while washing or sing a hand washing song.

4. Rinse it away!

Wash off the soap suds thoroughly under running water.

5. Dry them off!

Now dry your hands thoroughly. If you can, use your own, clean towel, or use paper towels when out and about.

For more information about...

...infectious diseases, how they are spread and how you can protect yourself, visit:

▶ www.infektionsschutz.de

...vaccinations, visit:

▶ www.impfen-info.de

...helping kids to grow up healthy, visit:

▶ www.kindergesundheit-info.de



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