

## 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