

How to prevent infectious diseases

Hand hygiene

(40-60 seconds, if hands are visibly dirty)



Wet your hands with water and lather them up.



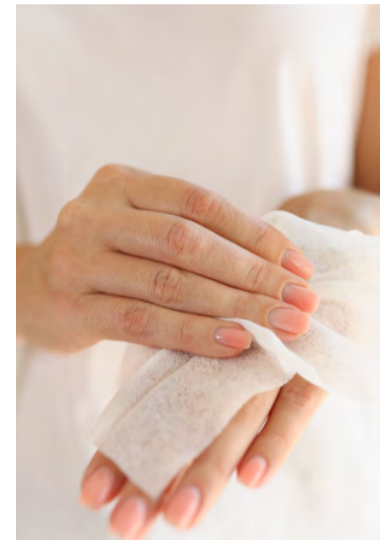
Rub both hands together.



Rub the back of your hands.



Rinse them with water.



Dry your hands with paper and turn off the tap.

Respiratory hygiene



Use tissues when coughing or sneezing and when covering your mouth and nose.



Throw used tissues in the bin.



If you cough or sneeze, wash your hands, with soap and water or alcohol-based sanitisers.



Keep enclosed spaces well-ventilated.