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.