

Hygiene for sneezing and coughing

Avoid the flu and other infectious diseases!

1 Sneeze or cough into a tissue.



2 Dispose of the used tissue immediately.

3 Wash your hands with soap and water or use hand sanitiser.



4 Maintain a sufficient distance (1 to 1.5 metres) from other people.

Tips!

- Don't touch your mouth, eyes or nose with your hands.
- Regularly clean door handles, phones, light switches, etc.
- Wash your hands with soap and water regularly.
- Always dry your hands on a paper towel, not a shared cloth towel.