

STOP MICROBES SPREADING!

Take care of yourself and others! Prevent flu and other diseases!



Cough/Sneeze

Cover your mouth and nose with a tissue when coughing or sneezing. If no tissue is at hand, cough/sneeze into the upper arm or elbow, NOT into hands or palms!

A sneeze may spread mouth or nose microbes at 160 km/h speed. If you sneeze or cough into hands or palms, microbes can easily be spread when touching other surfaces.



Use tissues!

Whenever you blow your nose, cough or sneeze, use a new tissue. Then throw as soon as possible the used tissue into the waste bin.

Wash your hands!

It is advisable that you wash your hands after coughing, sneezing or blowing your nose. Wash your hands with soap and water for 20 seconds. If no water or soap is available, use an alcohol-based disinfectant, containing at least 60% alcohol.



1 WATER AND SOAP



2 PALM TO PALM



3 BETWEEN FINGERS



4 FOCUS ON THUMBS



5 BACK OF HANDS



6 FOCUS ON WRISTS

Stay at home!

If you are sick, stay home. This critically prevents disease spreading.

Other tips to prevent flu and other diseases spreading

- Avoid contact with sick people.
- When coughing or sneezing, step away from other people to prevent spreading microbes.
- Refrain from touching your eyes, nose or mouth. Microbes often spread when someone touches something that is contaminated and then touches his eyes, nose or mouth.
- Frequently clean and disinfect the surfaces that you touch at home (bath /kitchen taps, kitchen sinks, door handlers, furniture, floors etc.), at office or at school (keyboard, mouse, desk etc.)



Teach everyone to use hygiene rules to prevent spreading disease.