



Hygiene rules for everyone

We can only take the next step forward if everyone follows these rules.



Wash your hands frequently.

- Wash your hands before going out, when you return home, after blowing your nose, before eating and after going to the toilet.
- Wash your hands for 20 seconds with soap and water. Dry them thoroughly.



Cough and sneeze into your elbow.



Use paper tissues to blow your nose.

- Discard tissues immediately after use.
- Always wash your hands after blowing your nose.



Don't shake hands.



Keep a distance of 1.5 metres from others.

- This does not apply to people living in one household.
- Keeping two arms lengths away reduces the risk of people spreading the infection.