

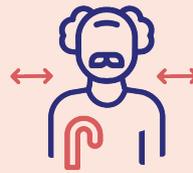
Everyday ways to reduce the risk of infection

Do your part to slow the spread of coronavirus.



Avoid large crowds

Try not to gather in large groups, especially in enclosed spaces.



Keep a distance

Maintain sufficient distance (>2m) to others, in particular to protect old and sick people.



No hugging or shaking hands

Close contact increases the risk of infection, so avoid it for now.



Wash hands thoroughly and regularly

Washing hands is essential after touching surfaces or contact with other people.



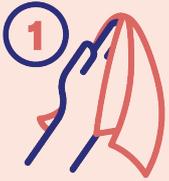
Observe coughing and sneezing rules

Cough or sneeze in your elbow, never in your hand.



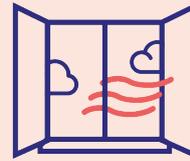
Don't touch your face

Avoid touching your face to prevent infections via mucous membranes.



Only use tissues once

Whether blowing your nose or sneezing, only use tissues once and wash your hands immediately.



Air out enclosed spaces regularly

Make sure to let in some air several times per day.



Risk groups should get the flu and pneumococcus vaccines

Avoid potential double infections and follow the recommendations of the RKI regarding vaccines for other causes of respiratory diseases. Seek information from your general practitioner.

INFO: Some vaccines are currently not available or deliverable.



Only wear face masks when appropriate

Cold symptoms? Stay home if possible. If you have to be in public, wear a face mask. NOTE: the WHO does not recommend wearing a face mask as a preventative measure to healthy people.



Don't touch common surfaces

Try to not touch frequently used surfaces (e.g. doorknobs) whenever possible.



Work from home

Talk to your employer and work from home if possible.



Help people in need whenever possible

Older neighbors and people in quarantine might need help with grocery shopping or errands. Always stick to hygiene rules when helping others.