Prevent Infections!
Important Protective Measures:

**Keep hands away from your face:**
Avoid touching your mouth, eyes or nose with unwashed hands.

**Cough and sneeze the right way:**
It’s best to cough and sneeze into a tissue or place your elbow in front of your mouth and nose. Keep your distance to others and turn away.

**Keep your distance:**
Forego close body contact, e.g. shaking hands, keep sufficient distance from other (in an office, e.g. a table width). Where possible, limit your time in crowds. Avoid the common use of items, e.g. use separate pens, glasses, etc.

**Air rooms regularly:**
Periodic airing of rooms, particularly when used by several persons, transports contaminated air outside and brings fresh air into the room.