



1. Sneeze and cough hygienically

Keep it to yourself!

Don't sneeze or cough into your hand, do it into the crook of your elbow or into a tissue. And keep away from other children.



2. Get your nose in!

Use a tissue to blow your nose. But only use it once!



3. Get rid of it!

- > Don't leave tissues lying around.
- > Don't stick them in your trouser or skirt pocket.
- > Don't accumulate them.



4. Into the bin!

Tissues should go in the bin. Close the lid and that's it.



+ And one more tip:

When you have a cold, you should wash your hands frequently!

WITH COLDS AND THE LIKE: SNEEZING AND COUGHING PROPERLY LOWERS THE RISK OF INFECTION!

Viruses and bacteria are spread around by droplet infection – that is, when you cough or sneeze they are sprayed around in tiny droplets. So it is important, when coughing and sneezing, to keep your distance from other people. And don't cough into your hand, it's better to do it into a handkerchief or into your sleeve. If you think about other people just a bit, you lower the risk of infection for everybody.

Closed rooms should be aired for ten minutes three times a day if possible – this reduces the concentration of viruses in the air, and so lowers the risk of infection!



FURTHER INFORMATION

may be found ...

- >> in the brochure **Unsere Kinder** Advice to parents for healthy child development from age 1 to 6
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protecting
me
protecting
you

Hygiene

It's easy to stay healthy:
Tips for hygienic habits

An information leaflet
for parents

BZgA

Bundeszentrale
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Aufklärung

**HYGIENE HELPS:
PROTECTION
AGAINST INFECTIONS**

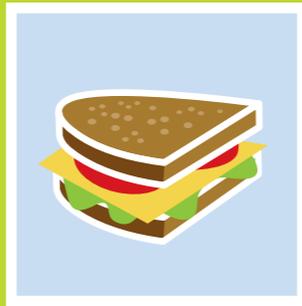
With just a few easy steps, you can lower the risk of infecting people with infectious diseases – like colds, flu or diseases of the gastro-intestinal tract. So you should give your child a few **simple tips** for proper hygienic habits.

Vaccination is the safest way of protecting children against infectious diseases. So remember to book your children's booster injections in good time.



**DON'T FORGET:
WASH YOUR HANDS...**

Viruses and bacteria that can cause infections are everywhere – on door handles, handholds on the bus, on the hands of other people. So the important thing is to **wash your hands several times in the course of the day!**



> Always wash your hands before eating.



> Always wash your hands after going to the toilet.



> Always wash children's hands when they have been playing outdoors.



> Always wash children's hands when they have been touching an animal.

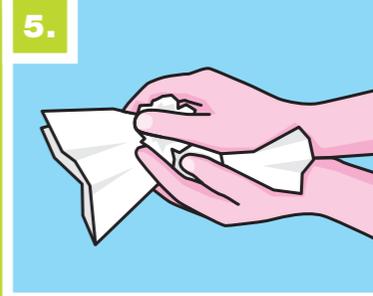


> Always after blowing your nose.

...AND KEEP YOUR HANDS AWAY FROM YOUR FACE!

Hands are frequently responsible for spreading viruses and bacteria, because they are in contact with objects and living creatures all day long.

So at times when germs are particularly inclined to be spread around, you should avoid touching your face with your hands (especially the mucous membrane of the mouth, nose and eyes).



Wash your hands, but do it properly!

Water away!
Roll up your sleeves and get your hands properly wet.

Use plenty of soap!
With a bar of soap or a good dollop from the liquid soap dispenser.

Take your time!
Get a good lather, not forgetting to work it in between the fingers and on the finger tips. Children can be told to count up to 30 while washing their hands.

Get it down!
Hold your hands under the water at all angles. Rinse off the soap suds thoroughly.

Dry them!
It's a good idea to use a disposable towel.

protecting
me
protecting
you