Prevent infection

Respiratory tract infections, like influenza and new corona virus, are often transmitted through handshakes or spread when coughing and sneezing. Protect yourself and other people with these two advices.
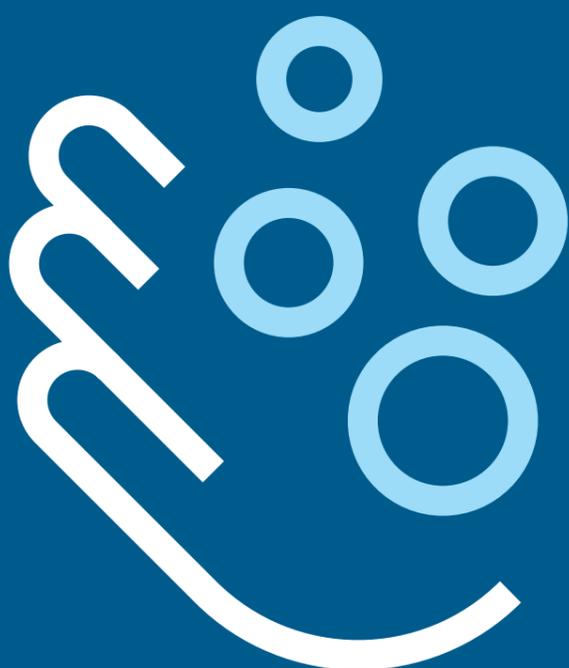
Wash your hands frequently

Wash your hands frequently and thoroughly.

Use hand sanitizer when you are unable to wash your hands with soap and water.

Cough or sneeze in your sleeve

Cover your mouth and nose when coughing or sneezing.

Use a paper tissue or your sleeve and not your hand.

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