

Hygiene tips

Protect yourself and others from contagious infectious diseases by following our simple hygiene measures!



Thorough handwashing

- at least 20 to 30 seconds with warm water and soap
- please do not touch your face with unwashed hands.
- especially after going to the toilet or when you enter your room - after contact with animals
- before and during food preparation
- after contact with waste and after blowing your nose



Keep a sufficient distance

- please explicitly refrain from close physical contact in case of illness
- do not share towels, glasses and cups.
- generally keep at least 1 metre distance from other people



Ventilate regularly

- ventilate closed rooms several times a day.
- ventilation can also be done after getting up, for example.



Disinfect hands and surfaces

- clean and disinfect surfaces, especially in the bathroom and kitchen
- also disinfect hands yourself at regular intervals



Protect wounds properly

- cover open wounds with a plaster or bandage
- clean the wound beforehand if necessary from



Cough and sneeze properly

- cough and sneeze into a handkerchief or the crook of your arm
- keep your distance from other people



Wear a mask

- Wear your mask especially when in enclosed communal areas