Hygiene
It’s easy to stay healthy:
Tips for hygienic habits
An information leaflet for parents

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

Viruses and bacteria are spread around by drop-
let infection – that is, when you cough or sneeze
they are sprayed around in tiny droplets. So it is im-
portant, 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.

FURTHER INFORMATION
may be found …
» in the brochure Unsere Kinder
Advice to parents for healthy child
development from age 1 to 6
Order no.: 11070000
Order address: BZgA, 51101 Köln
or send an e-mail to order@bzga.de
» in the folder for parents Gesund groß werden
Order no.: 11130000
Order address: BZgA, 51101 Köln
or send an e-mail to order@bzga.de
» at the website www.impfen-info.de
» at www.kindergesundheit-info.de and
» at www.wir-gegen-viren.de

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.

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

Get rid of it!
> Don’t leave tissues lying
around.
> Don’t stick them in your
trouser or skirt pocket.
> Don’t accumulate them.

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!

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

**WASH YOUR HANDS!**

**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!

**...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).

**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.

1. **Wash your hands, but do it properly!**

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

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

3. **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.

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

5. **Dry them!**
   - It’s a good idea to use a disposable towel.

- 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.
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