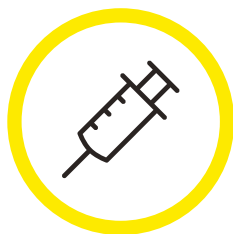


Protect yourself and others



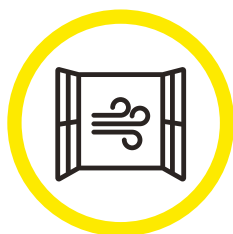
These recommendations will protect you from other infections, too.

Hygiene and behavioural recommendations



Get a flu vaccination.

The simplest and most effective way of protecting yourself against flu is to get the annual flu vaccination in the autumn. It is particularly recommended if you have an increased risk of flu complications, or if you have direct contact in a work or social capacity with people who have an increased risk of complications.



Ventilate several times a day.

Ventilating indoor spaces helps remove air that contains virus particles and reduces the risk of transmission. We therefore recommend you regularly ventilate rooms and areas where people from different households congregate. Temperature permitting, it is a good idea to leave windows open for extended periods.



Wear a mask.

You can continue to wear a mask if you like. Physical distancing and mask wearing help reduce the risk of transmitting flu viruses and other bugs (e.g. coronavirus). If you are at especially high risk or you have contact with people who are at especially high risk, it can be a good idea to wear a mask. If you experience symptoms, keep away from others and wear a mask. Or even better, stay at home if you can.



Cough or sneeze into a tissue or the crook of your arm.

When you cough or sneeze, hold a paper tissue in front of your mouth and nose. Dispose of paper tissues in the bin after use. Wash your hands afterwards with water and soap. If you don't have a paper tissue to hand, cough or sneeze into the crook of your arm.



Wash your hands thoroughly

Wash your hands thoroughly and regularly with water and soap. Or use hand sanitiser. For example, when you get home, after blowing your nose, coughing or sneezing, and before you eat or prepare food.

Further information can be found on the website ["Protect yourself and others"](#).