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# Hygiene tips in case of influenza viruses

## Most important: hand disinfection

Most viruses are spread via hands. Hence, thorough hand hygiene is the crucial factor in preventing influenza infections. And when falling ill, thorough hand disinfection can contribute to preventing a spread to healthy people.

Compared to handwashing, disinfection offers several advantages. In addition to better skin compatibility, disinfection is more effective. Moreover, bed-ridden people can carry out hygiene measures on their own, independently of washbasins.

Hand disinfectants are medicinal products and have to be authorised by the Federal Institute for Drugs and Medical Devices (BfArM). Recommended alcohol-based hand rubs – for example Sterillium classic pure – are available at your pharmacy.

Disinfection of the hands:

- Hands of infected people should be disinfected before contact with healthy household members
- Healthy, household members should disinfect their hands after contact with infected persons

## Disinfect surfaces as well

To prevent influenza viruses from being transmitted, also disinfect contaminated objects. In addition, it is also advisable to disinfect the surfaces that are often touched by infected and healthy persons. A few examples:

- door handles
- toilet seats
- light switches
- remote controls
- handrails
- handsets
- taps

For killing influenza viruses, we recommend using alcohol-based surface disinfectants or disinfection wipes possessing appropriate efficacy (available at your pharmacy).



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### What else you can do

The following measures additionally reduce the risk of virus transmission from infected to healthy persons:

- Cover mouth and nose when coughing or sneezing
- When infected, do not cough or sneeze into your hands, but into the elbow pit or a disposable tissue, which is then disposed of immediately
- Protect other household members by generally maintaining a distance and avoiding body contact, e.g. say hello without shaking hands
- Spatial separation of infected people from other household members is particularly advisable during meals and nights
- To limit routes of transmission, avoid large crowds of people, visits, etc.
- Air closed rooms for five to ten minutes several times a day. This reduces the viruses and counteracts drying of mucous membranes in nose and mouth

### Additional information

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