MEDICOVER

Caring
for your health
is all we do

HOW TO PREVENT BACTERIAL AND VIRAL INFECTIONS?

Avoid touching your eyes, nose and mouth – this is the way germs get into your body

Wash your hands frequently with soap and water, especially immediately after coughing or sneezing.
You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available

Always have tissues with you

Cover your mouth and nose when you cough or sneeze with a bent elbow or tissue
(throw used tissues away)

Avoid spending time in crowded places

Keep a safe distance of at least 2 metres from those who are sick

Frequently open windows in the room you are staying in

Regularly clean and disinfect used items and touch surfaces
(e.g. doorknobs) with water and detergent or disinfectant

Stay at home when you are ill, e.g. when you have symptoms of cold

Live a healthy lifestyle (exercise, rest, proper nutrition)

Follow recommendations of health care workers and medical staff

Get vaccinated against flu and other respiratory diseases, e.g. against COVID-19, whooping cough and pneumococci

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