

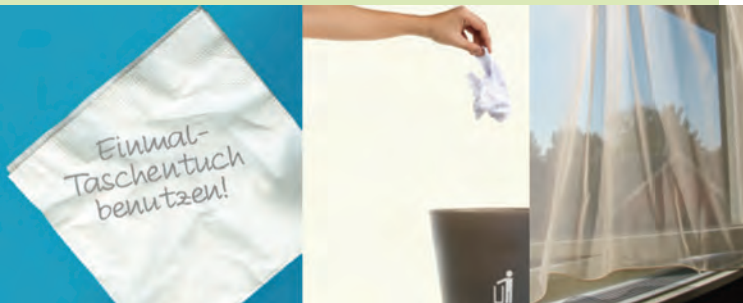
Everyday hygiene

Stopping Influenza

Vaccination is the safest protection against influenza. Nevertheless, the development of an adequate vaccine has to be adapted to the current version of the virus and therefore takes some time.

It is of importance during the start of an influenza pandemic, that can rapidly cross country borders, to adhere to certain safety rules. These focus on general, quite simple hygiene rules.

If you adhere to the following suggestions of the Northrhine-Westfalia health ministry, the risk of infection will be significantly reduced.



How influenza is transmitted:

- Coughing and sneezing
- Unwashed hands
- Close contact to infected or sick persons



Simple rules to minimize the risk of infection:

1. Use a disposable tissue to cover your nose and mouth during coughing or sneezing!
2. Discard the tissue immediately after use into a waste bin or waste bag!
3. Wash your hands after coughing or sneezing!
3. Avoid touching eyes, nose and mouth!
5. Do not shake hands with other people!
6. Avoid assemblies of people!
7. Keep a certain distance to other people!
8. Avoid close contact to diseased - if possible!
9. If you are sick, stay home!
10. Air rooms frequently!

Washing hands the right way:

■ When?

As often as possible especially during an influenza-pandemia

■ Always after

- Coughing and sneezing
- Cleaning your nose
- Using the toilet
- Direct contact with other people



■ Always before

- Eating
- Preparing food

■ How?

Using flowing water and soap for 15 to 20 seconds (= soap hands well and carefully wash off the soap foam)

Companies should be prepared:

Each company - regardless of its size - should deal with the subject of a pandemic and develop adequate plans for a crisis. Topics to clarify are:

- Which duties and responsibilities need urgently to be dealt with in case of crisis?
- Which personal contacts/business trips are absolutely required?
- Which services can be dealt with by using phone/email or other means (e.g. telephone conferences)?

Companies should also remember practical preparations:

- Sufficient hand washing facilities with liquid soap and disposable tissues
- Single person offices
- Meetings as rarely as possible

Further information in the Internet:

- www.mags.nrw.de
- www.liga.nrw.de
- www.rki.de



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Gestaltung:
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Fotos:
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Düsseldorf, Mai 2009

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