

# COVID-19

#GETTInformed and #GETTsafe

Viruses and bacteria are lurking everywhere in everyday life. However, simple hygiene measures can protect us and our fellow human beings from unnecessary infectious sicknesses and contagion! The 14 tips will help you in this regard and you can very easily include them in your everyday life! Take care of yourself and stay fit!



- 1 Wash your hands regularly!**  
The more often, the better.
- 2 Make sure that you wash your hands thoroughly:** the recommended time is 20-30 seconds.
- 3 If you use disinfectants – make sure that they are the right ones.**  
Beware of labels like "partially virucidal," "partially virucidal PLUS" or "virucidal."
- 4 Keep your hands away from your face!** Do not touch your mouth, eyes and nose with unwashed hands..
- 5 Do you need to cough or sneeze?**  
Please use a paper tissue or cover your cough/sneeze in the crease of your arm.
- 6 Experiencing symptoms of feeling sick? Keep your distance!** Keep at least 5ft away from others.
- 7 Protect and cover any open wounds!** Use band aids or a dressing (sterile pad).
- 8 Make sure that your home is clean!**  
Focus particularly on your kitchen and bathroom.
- 9 Handle food in a hygienic manner!**  
Keep it well refrigerated, wash fruit and vegetables thoroughly, heat meat to at least 158 degrees and avoid eating any raw meat.
- 10 Wash your bedding at a hot temperature!** The recommendation is 140 degrees. This also applies to cleaning cloths, towels, sheets and underwear..
- 11 Air your rooms regularly** – several times a day and for at least 5 minutes.
- 12 Only use disposable tissues once!**  
Dispose them immediately after using them.
- 13 Clean your smartphone regularly!**  
A microfibre cloth and display cleaner will help you here.
- 14 Strengthen your immune system!**  
Replenish yourself with vitamins and get some fresh air, enough sleep and exercise.

For more information, visit our social media channels. We will share useful background information about the issue of health and preventing infections using the #GETTsafe hashtag. Take care of yourself and stay fit!  
The GETT team  
washable-keyboards.com

