

# Don't give viruses a chance.

How can I protect myself and others from being infected with a communicable disease (e.g. viruses or bacteria)?

## Prevention tips



- Wash your hands regularly and thoroughly for 20 seconds with soap and running water or with disinfectant containing alcohol
- Cough/sneeze into the crook of your arm or into a tissue
- Use paper tissues only once and dispose of them immediately after use

## In case of flu-like symptoms



- Avoid contact with other people
- If you suffer from fever, cough, or respiratory problems, stay at home until you are fully recovered
- Contact your local health advice centres as soon as possible

Please find answers to the most important questions, detailed information, videos, daily updates, and much more at [www.who.int](http://www.who.int).  
Further information will follow.