How can I protect myself from infection?

The most important method of protection: **wash your hands thoroughly and often**, because viruses usually get into your body when you touch your face with your hands. How to wash your hands thoroughly you will find on page 2

Avoid shaking hands and body contact.

Wherever possible, **keep your distance from other people**, ideally at least two metres.

Talk to your doctor about whether it makes sense for you to be have the flu or pneumococcal vaccine. Your local pharmacy can also give your advice.

How can I protect others from being infected?

Anyone who may have been infected can protect themselves and others by always **sneezing and coughing into a tissue** and throwing the tissue away immediately, preferably into a rubbish bin with a lid. If necessary, **cough or sneeze into the inside of your elbow**. Always wash your hands after blowing your nose.

**Is it sensible to wear a face mask?**

Wearing a face mask, for example a non-surgical mask made of material, may reduce the risk of infecting other people if you are already infected. However, a mask will not protect the person wearing it from being infected. This can only be achieved by wearing a special surgical face mask, and these are currently in short supply.

**Your pharmacy can offer advice.**
Hand washing: effective against coronavirus and other viruses

Step 1
Hold your hands under running water making sure they are wet up to the wrist. The temperature of the water is not important.

Step 2
Carefully rub soap all over your hands.

Step 3
Take extra care to cover the ends of your fingers and your thumbs. They often have high levels of virus.

Step 4
Rub your hands together making sure that the soap goes in between your fingers.

Step 5
Rinse off the soap thoroughly and dry your hands well. Then moisturise your hands, if you can.

Thorough hand washing takes about 30 seconds (the same time as singing “Happy Birthday” through twice).

Detailed information about coronavirus is available online at www.apotheken-umschau.de

If you feel unwell and suspect that you have been infected with coronavirus, contact your family doctor, your local health authority or medical emergency services by phone (please do not visit your doctor in person) on the number 116 117.

In an emergency you can contact the emergency services on the same free number across Europe from a landline and any mobile network by calling 112.

Your pharmacy stamp

Stay informed, stay healthy