



Folkhälsomyndigheten

Protect yourself and others from infection



Wash your hands frequently!

Germs can easily get onto your hands and spread to others. Wash your hands frequently with soap and warm water, for at least 20 seconds. Use hand sanitiser if soap and water are not available.



Cough and sneeze into your elbow!

By coughing and sneezing into your elbow or into a tissue you prevent droplets containing germs from spreading around you, or from contaminating your hands. Always put used tissue into the bin and wash your hands.



Avoid touching your eyes, nose and mouth!

It can be hard not to touch your face, so wash your hands often with soap and water to get rid of germs.



Stay at home when you feel unwell!

Stay at home when you feel unwell to avoid infecting others.



There are germs everywhere around us.

Practicing good hand hygiene is a simple way of protecting yourself and others.

The most common way of spreading infection is through our hands.