

# Flu Pandemic: How to protect yourself

There are simple measures that you can follow to protect yourself against infection and reduce the spread of germs.



## **Wash your hands.**

Wash your hands thoroughly with soap and water several times a day.



## **Cough or sneeze into a tissue.**

Hold a tissue in front of your mouth and nose when your cough or sneeze.



## **Throw away your tissue.**

Throw your tissue into a bin after use and then wash your hands thoroughly with soap and water.



## **Cough or sneeze into the crook of your arm.**


If you don't have a tissue on you, please cough or sneeze into the crook of your arm. This is more hygienic than holding your hand in front of your mouth. If you do use your hands, wash them thoroughly with soap and water as soon as possible.



## **Get a hygiene mask.**

Make sure you have 50 hygiene masks in advance so that you are well prepared to counteract transfer of germs. Hygiene masks are available on the market, for example at pharmacies, drugstores, supermarkets or department stores.

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 Schweizerische Eidgenossenschaft  
Confédération suisse  
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Swiss Confederation

Bundesamt für Gesundheit BAG  
Office fédéral de la santé publique OFSP  
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**TOGETHER  
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THE FLU**