COVID-19

#GETTinformed and #GETTsafe

Viruses and bacteria are lurking everywhere in everyday life. However, simple hygiene measures 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! ITake care of yourself and stay fit!

1 Wash your hands regularly! You cannot do this 'too often.'

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. Watch out for 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 the crook of your arm.

6 Are you already sick? Keep your distance! Keep at least 1.50 m away from other people.

7 Protect any open wounds! Use a plaster or a dressing.

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 70° C and avoid eating any raw meat.

10 Wash your bedding at a hot temperature! The recommendation is 60° C. 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 of them immediately after using them.

13 Clean your smartphone regularly! A microfiber cloth and display cleaner will help you here.

14 Strengthen your immune system! Replenish your stores of 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