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## Hygiene tips in case of influenza viruses

### Most important: hand disinfection

Most pathogens can be spread via our hands. Hence, thorough hand hygiene is also a crucial factor in preventing influenza virus infections. And when falling ill, thorough hand disinfection can contribute to prevent a spread to healthy people.

Compared to handwashing, disinfection offers several advantages. In addition to better skin compatibility, disinfection is more effective. Moreover, bed-ridden people can carry out hygiene measures on their own, independently of washbasins.

In most countries hand disinfectants are medicinal or biocidal products with an equivalent registration at the local authority. For further information regarding the registration status or alcohol-based hand rubs – e.g. Sterillium® classic pure – please contact your local distribution partner.

### Disinfection of the hands

- Hands of infected people should be disinfected before contact with healthy household members.
- Healthy, household members should disinfect their hands after contact with infected persons.

### Targeted disinfection of surfaces

To prevent influenza virus transmission, also disinfect contaminated objects and surfaces that are often touched by infected and healthy persons. A few examples:

- door handles
- toilet seats
- light switches
- remote controls
- handrails
- handsets
- taps

To inactivate influenza virus particles, we recommend using alcohol-based surface disinfectants or disinfection wipes possessing appropriate efficacy (available at your pharmacy).



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### What else you can do

The following measures reduce the risk of virus transmission from infected to healthy persons additionally:

- Cover mouth and nose when coughing or sneezing.
- Do not cough or sneeze into your hands, but into the elbow pit. Use disposable tissues only and discard them directly after usage.
- Prevent transmission to other household members by maintaining a distance and avoiding body contact, e.g. say hello without shaking hands.
- Spatial separation of infected people from other household members is particularly advisable during meals and nights.
- To limit routes of transmission, avoid large crowds of people, visits, etc.
- Ventilate closed rooms for five to ten minutes several times a day. This reduces the amount of virus particles in the room and counteracts drying of mucous membranes in nose and mouth.

### References:

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Robert Koch-Institute 2011: Infektionsepidemiologisches Jahrbuch meldepflichtiger Krankheiten für 2011: 111–117. - <http://edoc.rki.de/series/infektionsepidemiologische-jahrbuecher/2011/PDF/2011.pdf>

World Health Organization 2018: Influenza (Seasonal). Fact sheet N°211, November 2018. - <http://www.who.int/mediacentre/factsheets/fs211/en/index.html>

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Use disinfectants safely. Always read the label and product information before use.