



Most important rules of preventing infectious diseases 1.

Keeping basic personal and environmental hygienic rules!

- frequent and thorough hand-wash (especially after using the toilet and before eating)
- frequent, thorough daily showering
- daily change of underwears
- keeping rooms, rest-rooms, toilets clean, cleaning up frequently with disinfectants
- keeping personal articles clean (eg. cutlery, dishes, dinner sets, clothes, etc.)
- frequent ventilation of the rooms, open-air activities, exercises
- avoiding contact with others being infected
- covering mouth and nose with a tissue (or crook of the arm) when coughing or sneezing. Putting the used tissue in the waste basket!
- when caring (nursing) someone who is ill, it is important to wash our hands even more frequently (and to disinfect)



Most important rules of preventing infectious diseases 2.

- food safety:
 - **eating only thoroughly cooked meats**, cleaning vegetables properly, etc.
 - **storing** the remainings of meals and other **perishable foods** (eg. eggs, dairy products and meats) **in the fridge** (under 5°C)
- civilized, conscious sexual behaviour:
 - conscious relationships, monogamy, faith
 - using condoms
 - avoiding sexual contact when symptoms appear (eg. itching, discharge, lesions)
- when hiking, or doing outdoor activities wearing long-sleeved clothes and long trousers may prevent from ticks,
→ it is recommended to use insect-repellent spray!
- taking age-specific, compulsory vaccinations, attending screenings, contacting doctor if symptoms appear!

