

explainity explains: Infection prevention

A multitude of contagious pathogens lurk for us everywhere. A risk of infection is especially high in public spaces like offices, schools, shops or on buses and trains.

To stay protected during a virus-, flu- or cold epidemic, you should stick to a couple of simple hygiene rules. This way you prevent infectious diseases and stay healthy.

Frist: Hands carry the most pathogens. So Hand hygiene is especially for infection prevention. Wash your hands regularly and thoroughly with soap and water for at least 20 seconds. Should you not have access to a bathroom, hand sanitizer is a viable alternative.

Second: Do not touch your face, your mouth, your nose or eyes because pathogens are absorbed by our mucous membranes.

Third: Avoid physical contact with others, such as handshakes or hugs.

Fourth: Practice social distancing – especially with people showing symptoms.

And fifth: If you couldn't avoid infection turn away from people when you have to cough or sneeze. Cough or sneeze into your elbow or use a tissue, that you dispose of immediately afterwards.

If you follow these rules, viruses and germs will have a hard time getting to you and you will stay healthy.

www.explainity.com		www.youtube.com/explainitychannel
www.facebook.com/explainity	www.twitter.com/explainity	www.instagram.com/explainity
<small>Note: Almost every explainity education clip was produced and published for private, non-commercial use and can therefore be shared without further consent for private purposes free of charge. For commercial use or educational purposes like screenings for academic institutions (showing the video at school or in an academic setting) the video must be licensed. The transcripts (texts) are free to use for classes. For further information please visit our website: www.explainity.com/education-project/. Please note that the content of all video clips and transcripts must not be altered in any way, neither the illustrations nor the content itself. All contents were created to the best of our knowledge and belief at the time of production. explainity assumes no responsibility for content being up-to-date, complete and valid and is not liable for any errors. © explainity - all rights reserved.</small>		