

## HYGIENE RULES AT THM

Dear University Staff and Students, Ladies and Gentlemen,

To avoid the spread of infections, please follow the hygiene rules given below.

- **Avoid intimate greeting rituals such as hugging and do not shake hands**
- **Please keep 1,5m distance to persons**
- **Turn away from other when coughing and sneezing**
- **Avoid touching your eyes, nose and mouth**
- **Use and properly dispose of facial tissues**
- **Make sure rooms have plenty of fresh air**
- **Wash your hands frequently and thoroughly after contact with others, after using toilet facilities and before eating**
- **Use disinfectants on your hands**
- **Sneeze or cough into your elbow rather than your hands**

Should you notice illness symptoms such as fever or coughing, please stay at home and call your physician.

**Thank you for your support**

THM President's Office | February 2020