



**LIFE & WORK**

DO NOT  
UNDERESTIMATE  
THE FLU  
AND OTHER  
DISEASES



General preventive hygiene measures. The aim is to protect our health and the health of those around us, and reduce the transfer of influenza and other respiratory diseases within the team.

Avoid contact with people who are sick and do not go to places with large concentrations of people.

### **WASH YOUR HANDS OFTEN AND REPEATEDLY:**

- washing your hands with soap under warm running water reduces the probability of catching an illness,
- if there are not any water and soap available, it is advisable to use a disinfectant gel on your hands.

Cover your nose and mouth with a handkerchief while coughing and sneezing. Use paper handkerchiefs. Throw your paper handkerchief away after use.

Do not touch your face with your hands nor rub your eyes – this reduces the risk of transmitting a virus.

Do not borrow cell phones, glasses, cutlery or similar items.

While greeting people, try to avoid offering your hand, hugging and kissing.

### **INCREASE YOUR INDIVIDUAL IMMUNITY BY MAINTAINING A PROPER LIFESTYLE, PRIMARILY BY:**

- eating a varied diet,
- eating fruits and vegetables – increase your intake of natural vitamins,
- strengthening yourself by having cool or cold showers,
- doing sufficient physical activity, go for regular walks in the fresh air,
- airing out the rooms of your residence regularly,
- being sure to get quality and sufficient sleep.

If you get ill, it is necessary, as well as considerate to others, that you stay at home and not spread the illness any further.