Make good hygiene a daily routine

There are a number of recommendations that can help you and your family make good hygiene a daily routine. Here, we will provide you with a number of specific recommendations for how to maintain good hygiene habits, so that we together can avoid a lot of infectious diseases. Because good hygiene prevents many other diseases than COVID-19 – for example influenza.

Wash your hands frequently or use hand sanitiser

Hand hygiene is one of the best ways to stop infection. Therefore, wash your hands frequently with soap and water, and teach small children to wash their hands. If hand washing is not possible, or you need to wash your hands often, you can use hand sanitiser instead.

In some cases, hand sanitiser cannot replace hand washing. After using the toilet, before cooking or eating and if your hands are visibly dirty, you should always wash your hands with soap, as hand sanitiser is not an effective solution in these situations.

Stay at home if you are ill or have disease symptoms

If you or your child have symptoms of an infectious disease or have become ill, it is important that you stay at home. In this way, you stop the spread of infection and ensure that your family, classmates, colleagues, friends and other people around you do not become ill.

It is therefore important that you and/or your child do not go to work or school or attend leisure activities if you are ill or have symptoms of an infectious disease.

Ren Rutine

Cough or sneeze into your sleeve – it stops bacteria and viruses from being passed on to others

Sneezing and coughing cause infectious diseases to spread – even if you cover your mouth. Bacteria and viruses on your hands can be transmitted via surfaces such as door handles. You should therefore use your sleeve and tell your child to do the same when coughing or sneezing.
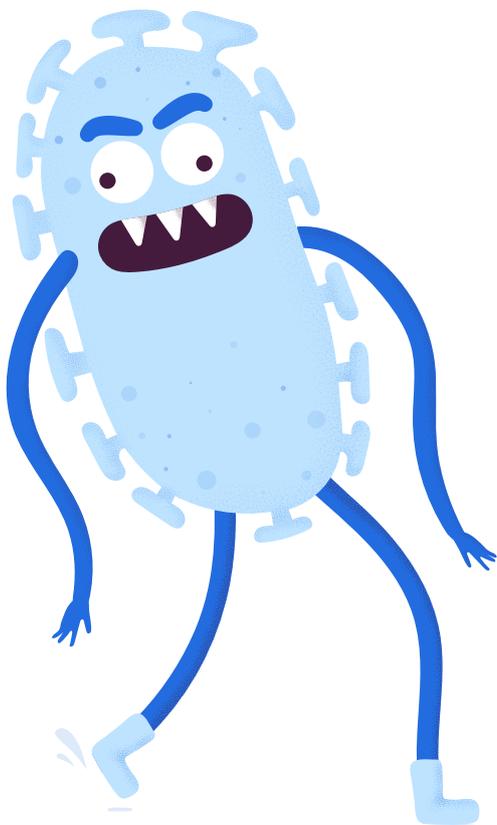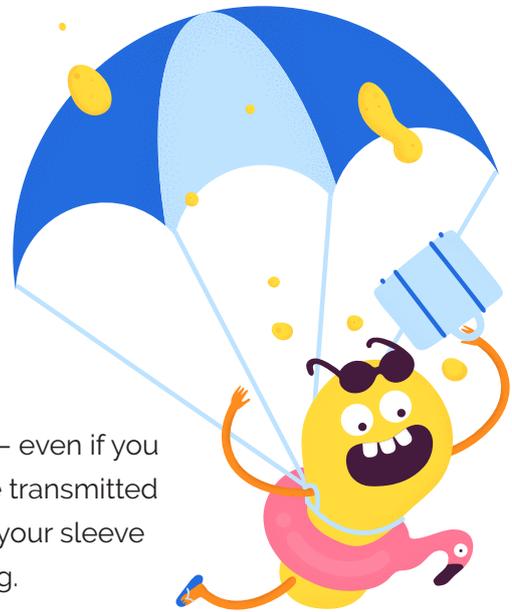
Open windows and doors and ventilate your home regularly

When you ventilate your home, it helps reduce the risk of spreading infectious diseases. Ventilate for at least 2 x 5 minutes each day and more often if you or your child are ill. When many people are gathered, it is a good idea to ventilate continuously, if possible. Alternatively, once an hour.

Clean your home often – especially surfaces that are touched by many people

Cleaning is an effective way to prevent the spread of infectious diseases. When cleaning with water and ordinary detergents, it is important to use clean cloths, mops and scouring pads. Cleaning items that are used several times must be washed at minimum 60 degrees. In case of illness in your home, you should be extra thorough with the cleaning – especially contact points such as door handles and light switches as well as the toilet.

Get vaccinated

Vaccination is the most effective way of disease prevention. It is therefore very important to accept offers of vaccines in the childhood immunisation programme and against COVID-19 and influenza. Vaccination has a long-term effect, prevents severe illness in you or your child and reduces the spread of infection in society. The vaccines make your or your child's body form antibodies against the virus or bacteria that you are vaccinated against, so that you become immune or have a milder course of illness.

Ren Rutine