REFUGIUM – Refugee Health

This flyer is part of the REFUGIUM health awareness project for refugees by HAW Hamburg Department of Health Sciences. The knowledge provided here will help you and your family to maintain and regain health in Germany.

Learn with REFUGIUM about
- Health care in Germany
- Mental health in Germany
- Hygiene in Germany
- Oral health in Germany
- Physical activity in Germany
- Nutrition in Germany

We Care for You and We Care for Your Health!

HAW Hamburg
Fakultät Life Sciences
Department Gesundheitswissenschaften
Prof. Dr. Christine Färber
Ulmenliet 20 · 21033 Hamburg

Autorinnen und Autoren: Ebru Dogan, Svenja Fortak, Maike Heiser, Ahmad Helal Popal, Anna Reisinger, David Rudel, Derya Taşer, Julia Wicherski.

Zeichnungen: Natalia Yaremenko

Dieses Faltblatt ist erhältlich in 8 Sprachen:
Deutsch, Englisch, Albanisch, Arabisch, Bulgarisch, Dari/Farsi, Russisch, Türkisch.
STAY AWARE …

1. ... of
   - head lice

2. ... of
   - caries
   - tooth loss
   - gum disease
   - bad breath
   - heart attacks
   - premature birth

3. ... of
   - scabies

4. ... of
   - gastroenteritis
   - colds
   - influenza

5. ... of
   - salmonella and other germs in food

6. ... of
   - lung diseases like asthma
   - allergies

7. ... of
   - odour development
   - transfer of diseases through vermin

STAY HEALTHY …

1. ... through hair care
   - wash your hair regularly
   - do not share your comb or hair brush

2. ... through oral hygiene
   - brush your teeth at least 2 x a day
   - do not share your toothbrush
   - get a new toothbrush every 3rd month
   - use toothpaste with fluorid
   - use dental floss
   - visit the dentist regularly
   - try to avoid sugared food and drink

3. ... through body hygiene
   - wash yourself regularly
   - do not share your clothes

4. ... through hand hygiene
   - wash your hands regularly
   - before and after cooking and eating
   - after shaking hands or touching surfaces in public
   - after toilet use
   - after contact with animals

5. ... through kitchen hygiene
   - only work with clean hands
   - separate clean and dirty food related processes
   - tidy out and clean the refrigerator regularly, do not overload it
   - meat, fish, etc. must be cooled
   - kitchen tools need to be cleaned and stored in a dry environment
   - pay attention to the expiration date

6. ... through mould prevention
   - air your rooms 3x per day for 15 minutes
   - especially in high humidity

7. ... through garbage disposal
   - separate different rubbish types
   - disposal in the right container
   - always close the lid
   - dispose garbage as soon as possible

TOILET HYGIENE

- use toilet paper
- use the toilet flush
- leave the toilet in a clean condition
- use the toilet brush
- always close the rubbish bin
- do not flush litter down the toilet

FEMALE HYGIENE

- intimate hygiene
- dispose the feminine hygiene products in the rubbish bin
- clean toilet seat before and after use
- do not share your shaver
- ask your partner to use a condom

MEN HYGIENE

- intimate hygiene
- clean toilet seat before and after use
- do not share your shaver
- use condoms

STAY AWARE …

1. ... of
   - viruses, bacteria, mould
   - spreading of germs
   - clogged up pipes
   - odour development
   - rats

2. ... of
   - caries
   - tooth loss
   - gum disease
   - bad breath
   - heart attacks
   - premature birth

3. ... of
   - salmonella and other germs in food

4. ... of
   - bacteria and fungal infections
   - hepatitis A and E

5. ... of
   - bacteria and fungal infections
   - hepatitis A and E

6. ... of
   - bacteria and fungal infections
   - hepatitis B, C and D

7. ... of
   - bacteria and fungal infections
   - hepatitis B, C and D