

HANDS: HOW TO

WASH

when?

- Before eating
- After using the toilet
- When coming in from outside
- After blowing your nose

how?

Wet your hands, preferably with cold to max. lukewarm water. Then, turn off the tap.



Thoroughly foam your hands with soap for **20-30 seconds** – also the fingertips and areas between fingers.



Rinse your hands well and turn off tap with your elbow or a disposable paper towel.



Dry your hands with a disposable paper towel.



CRUCIAL:

Do not touch your face with your hands, because they can be colonised with many viruses and bacteria.

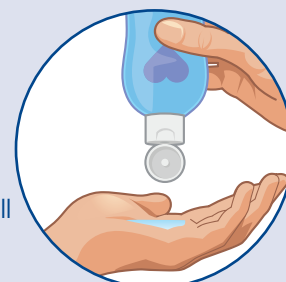
DISINFECT*

when?

- In case you can't wash your hands
- After using public transport
- After contact with frequently touched surfaces
- After blowing your nose

how?

Apply the hand disinfectant to your cupped hand. The amount should be sufficient to thoroughly wet all areas of both hands.



Carefully rub into the hands for **30 seconds**, wet all areas.



Pay special attention to **fingertips** and **texting thumb**, as they harbour the highest concentration of microorganisms.



- Do not touch anything
- until your hands have completely dried.

NEAT AND CLEAN

* Please pay attention to your school's hygiene concept. Disinfectants must always be used carefully. If you have any questions or need support, please ask your teachers.

References:
<https://www.ecdc.europa.eu/en/covid-19-pandemic>
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
<https://www.bode-science-center.com/center/hygiene-measures/viruses/detail-viruses/article/what-is-sars-cov-2.html>



Research for
infection protection
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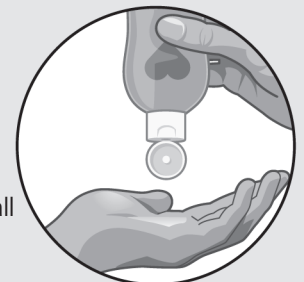
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