

Proper hand hygiene in schools

Key facts for teachers and students

In times of the COVID-19 pandemic, it is becoming increasingly important to follow essential hygiene rules to prevent further spread of SARS-CoV-2. Besides droplet infection, our hands are the most frequent transmission path, which can only be interrupted by regular hand hygiene.

WASHING

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.



DISINFECTION*

when?

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



In the morning: don't forget to take hand disinfectant with you

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 **thumbs**, as they harbour the highest concentration of microorganisms.



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

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>

* Please pay attention to your school's hygiene concept. If necessary, students should be supervised by the school staff according to age and level of maturity.



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