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Hygiene tips in case of adenoviruses

Most important: hand disinfection

Hand hygiene is of major importance for preventing adenovirus infections. And when falling ill, thorough hand disinfection can contribute to preventing a spread to healthy people.

Compared to handwashing, disinfection offers several advantages. In addition to better skin compatibility, disinfection is considerably more effective, especially against viruses hard to kill such as the adenovirus. Moreover, bed-ridden people can carry out hygiene measures on their own, independently of washbasins. The hand disinfectant, which in this case needs to have virucidal activity, is available at pharmacies.

Disinfection of the hands

- Hands of infected people should be disinfected before contact with healthy household members.
- Household members should disinfect their hands after contact with infected persons.

Targeted disinfection of surfaces

To avoid transmission of adenoviruses, objects that come into contact with eyes should be disinfected, as the viruses are able to persist there for weeks. This includes:

- cameras
- glasses
- binoculars
- toys that children look through, e.g. kaleidoscopes

In addition, it is advisable to disinfect the surfaces that are often touched by both infected and healthy persons. A few examples:

- door handles
- light switches
- remote controls
- handrails
- handsets
- toilet seats
- taps

To inactivate adenoviruses, best use a disinfectant with “virucidal” activity (pharmacy).



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What else you can do

The following measures additionally reduce the risk of virus transmission from infected to healthy persons:

- Avoid any hand/eye contact.
- Avoid shaking hands.
- Do not visit public swimming pools or saunas until fully recovered.
- Use separate toiletries (towels, washcloths, cosmetics).
- Wash towels at 60 °C or higher.
- Make sure to handle prescribed medicines (eye ointment, eye droppers) correctly.

Additional information:

Robert Koch-Institut 2010: Adenovirus-Konjunktivitis. RKI Ratgeber von 03/2010 (letzte Aktualisierung 02/2018)

https://www.rki.de/DE/Content/Infekt/EpidBull/Merkblaetter/Ratgeber_Adenovirus_Konjunktivitis.html

(in German)

Robert Koch-Institut 2018: Infektionsepidemiologisches Jahrbuch meldepflichtiger Krankheiten für 2018, S. 55-58. –

https://www.rki.de/DE/Content/Infekt/Jahrbuch/Jahrbuch_2018.pdf?blob=publicationFile

(in German)

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