

## Effective infection prevention within a few seconds: washing and disinfecting your hands in everyday life!



### Soap/wash lotion will be sufficient:

- AFTER using the toilet
- BEFORE having meal
- BEFORE preparing food (private)
- AFTER preparing food (private)
- AFTER blowing your nose
- AFTER touching a pet
- AFTER changing diapers/toilet training
- BEFORE touching the face
- AFTER staying outdoors
- As a substitute for hand disinfection



### Better use a hand disinfectant:

- BEFORE contact with a healthy person (in case of illness)
- AFTER contact with a sick person.
- BEFORE caring for sick relatives or friends.
- BEFORE contact with an immunocompromised person
- AFTER the risk of contact with pathogens and no access to water
- AFTER touching a (potentially sick) animal or its body fluids

Hand washing is sufficient in our private lives. Nevertheless, there are situations in which hand disinfection is necessary.

Please note: hand disinfection is more gentle on the skin than frequent hand washing

#### Reference:

Boyce JM, Kelliher S, Vallande N. Skin irritation and dryness associated with two hand-hygiene regimens: soap-and-water hand washing versus hand antiseptics with an alcoholic hand gel. Infect Control Hosp Epidemiol. 2000 Jul;21(7):442-8. doi: 10.1086/501785. Verfügbar unter: <https://pubmed.ncbi.nlm.nih.gov/10926393/>



Research for  
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