

Washing hands is generally sufficient for hand hygiene in the private sphere.

Correct hand washing in everyday life

When?



Before a meal



After using the toilet



After blowing the nose



Before and after the preparation of food (non-commercial)



When coming from outside



When visibly soiled (e.g. after gardening)



After touching a pet

How?



Wet hands completely.



oam hands thoroughly for 20-30 sec.. Pay attention to fingertips, finger spaces and thumbs.



Completely rinse off the soap
Tip: close water tap with your elbow or a disposable paper towel in public facilities.



Dry hands completey.
Tip: change towels regularly and use disposable paper towels in public facilities.



Frequent handwashing can stress and chap your skin. Therefore, maintain a good skincare routine and moisturize your hands after washing or as needed.