

Hands: How to

wash

when?

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

how?

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



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



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



Best **dry** your hands with a disposable paper towel.



disinfect*

when?

- In case you can't wash your hands
- When you are on the road
- After using public transport
- After touching frequently used surfaces
- After blowing your nose

how?

Apply the hand disinfectant to the cupped hand. The amount should suffice to thoroughly wet all areas of the hands.



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



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



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

NEAT AND CLEAN

REALLY IMPORTANT:

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

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

Sources:
www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/nCoV_node.html
<https://www.bode-science-center.de/center/hygienemassnahmen/viren/detail-viren/article/was-ist-sars-cov-2.html>

