

Washing hands properly is very easy!

Source: www.infektionsschutz.de & www.who.int



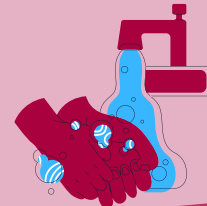
Roll up your sleeves and water on

Hands and wrists need to get really wet. Wash your hands often and properly.



Wash your hands properly

1. Soap up wet hands and wrists really nicely.
2. Lather everything very thoroughly. In addition to the wrists, this also includes the fingertips and the space between the fingers. That takes 20-30 seconds or sing "Happy Birthday" 2 times.
3. Rinse thoroughly until all of the soap is gone.
4. Dry your hands. Preferably with a disposable cloth.



Disinfection:

1. Disinfecting your hands is similar to washing your hands. Rub everything in thoroughly until hands feel dry.
2. Disinfecting your hands is not a substitute for washing your hands.
3. After using the toilet, wash your hands rather than disinfect them.
4. If your hands are visibly dirty, wash them properly with soap.
5. When disinfecting surfaces, it is best to use a disposable cloth.
6. Important surfaces for disinfection are doorknobs, light switches, water taps and toilet flushes.

