

Proper hand hygiene in schools

What teachers and pupils should know

In times of the coronavirus pandemic, it is increasingly important to observe hygiene rules to prevent further spread of SARS-CoV-2. In addition to the droplet infection, our hands are the most frequent transmission path, which can only be interrupted by regular hand hygiene.

WASHING

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.



DISINFECTION*

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



In the morning: don't forget to take hand disinfectant with you

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 **thumbs**, as they harbour the highest concentration of bacteria.



Do not touch anything until your hands have completely dried.

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

* Please observe the hygiene concept of your school. When using disinfectants, pupils should be supervised according to age and maturity, if necessary.



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HANDS: HOW TO

WASH

when?

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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.



REALLY IMPORTANT:

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

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 thumb**, as they harbour the highest concentration of bacteria.



Do not touch anything until your hands have completely dried.

NEAT AND CLEAN

* 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:
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Handwashing

done right

why?

- Invisible viruses and bacteria colonise your hands.
- When washing hands with soap, you simply rinse them away and they can no longer do any harm.
- Nevertheless: do not touch your face!



When?



before eating

after the toilet



when
coming in
from outside

after
blowing your
nose



How?

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



Lather for 30 seconds

Tip: hum "Happy Birthday" song twice

Rinse hands well



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

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