











HAND HYGIENE Good to know

- Thorough handwashing with soap and water removes 99% of all bacteria and viruses.
- Wash your hands often, especially after coughing, sneezing or using tissues, before and after eating and after using the bath room.
- Use of sanitizer does not substitute washing hands, but it can be used additionally afterwards.
- Please be aware of potential allergic reactions and skin irritations.

With soap and water:

-  1 Wet hands
-  2 Soap hands from all sides
-  3 ... for at least 20 seconds
-  4 Rinse thoroughly
-  5 Dry hands

With sanitizer:

-  1 Push the dispenser twice
-  2 Apply on the palm
-  3 Rub hands from all sides
-  4 ... for 30 seconds
-  5 ... until totally dry

Further information:

- https://www.who.int/gpsc/5may/Hand_Hygiene_Why_How_and_When_Brochure.pdf
- <https://www.cdc.gov/handwashing/when-how-handwashing.html>
- <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/hand-washing/art-20046253>
- <https://www.infektionsschutz.de/haendewaschen/>
- <https://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html>
- [Hygienic Hand Antisepsis In A Health Care Setting](#)