

CORONA HYGIENE PROTOCOL

Timing

Wash your hands in any case:

- after coughing, sneezing or blowing your nose
- after using the toilet
- when you have been outside
- before (making) a meal
- after contact with animals
- after using cleaning products and materials

WASH YOUR HANDS LIKE THIS:



Make your hands very wet



Press liquid soap out of the dispenser onto your hands



Rub the soap at least 10 seconds on the skin of your hands and wrists



Wash thoroughly between your fingers



Rinse your hands under fast running water



Dry your hands well, preferably with paper towels

COUGH AND SNEEZE LIKE THIS:



Use paper towels. Throw them away after every use!



Cough and sneeze on the inside of your elbow.



Use a disinfecting lotion.