

# In your school – many steps, one goal: together against Corona.

Hand disinfection carried out correctly.

Onto dry hands, **at least 3 ml, 30 seconds** in 6 steps:



Palms.



Back of the hand with spread fingers – right and left hand.



Palms with interlaced spread fingers.



Rub interlocked fingers.



Rub thumbs circling – right and left hand.



Rub fingertips circling in the palm – right and left hand.

## Effective hygiene – it is in our hands.

**Protecting lives together** – Compliance with general hygiene measures, especially good and frequent hand hygiene, are the most important preventive measures to protect yourself from infection. Hand disinfection should primarily be carried out in between and when there is no possibility of thoroughly washing your hands regularly.

To achieve this, a sufficient amount of disinfectant and at least 30 seconds of usage is necessary. As an aid for the correct rub-in technique, we've provided a 6-step instruction guide. If the hand disinfectant is rubbed in according to this instruction, no skin areas of the hand can be forgotten. Make sure that the hands remain moist during the entire contact time. If necessary, apply more hand disinfectant.

## This is how protection against infection works.



Hand disinfection is generally well tolerated from intact skin. Moisturizing and nurturing ingredients help avoid dry hands and ensure a pleasant skin feeling. In addition, hand creams can support the skin's recovery process. Allergic reactions through alcohol-based hand disinfectants are very rare.



Hand disinfectant only belongs on the hands. It is not suitable for cleaning tables, door handles or mobile phones. Please make the students aware of its careful use.



We are all responsible for each other. Only if students, teachers, employees, family members, friends, etc. are protected, we will all stay healthy. By protecting ourselves, we protect others!

