

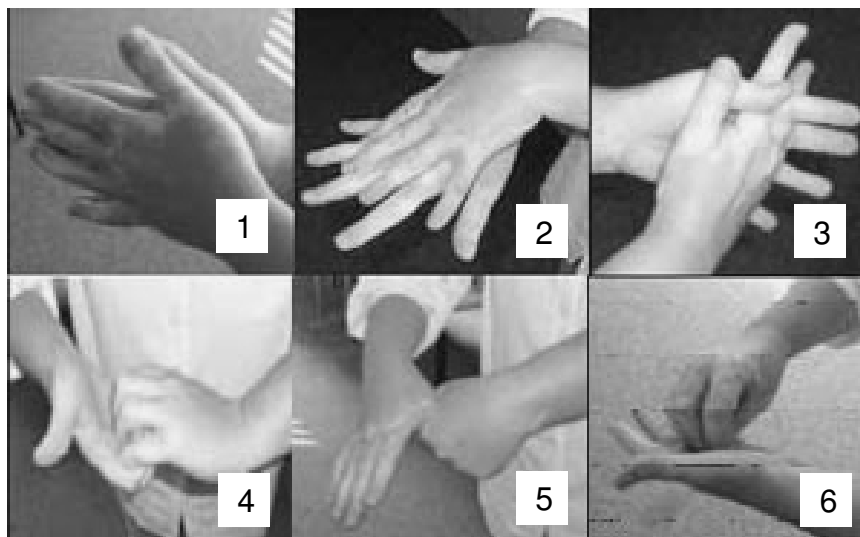
Measures / “Washing your hands” correctly

Washing your hands:

1. Wash hands thoroughly with soap

Disinfecting your hands:

1. Rub disinfectant between the palms of your hands
2. Rub the palm of one hand over the back of your other hand and repeat with the other hand
3. Rub the palms of your hands together with your fingers splayed out and clasped
4. With your fingers clasped, rub the outside of your fingers on the palm of your opposite hand
5. Enclose your thumb in the palm of your other hand and rub in a circular motion. Repeat with the other hand
6. Rub in a circular motion with your fingertips together in the palm of your hand. Repeat with the other hand
7. Allow your hands to dry, do not rub dry on a towel
8. Wear disposable gloves



Measures / “Wearing face masks” correctly

Wearing face masks:

1. Place mask over your nose and mouth → the part that is reinforced with wire should go over the bridge of your nose
2. Secure an elastic band around each ear or tie together behind your head
3. Pull the lower part of the mask over your chin and adjust the upper, reinforced part so that it fits correctly and the edge of the mask fits tight against your skin everywhere → the mask must cover your face from the bridge of your nose to below the chin
4. Wear the mask for a maximum of 2 hours
5. Do not swap masks that have been worn
6. Change masks immediately if they get damaged or wet through
7. Before putting on a mask and after disposing of one, wash your hands with soap
8. Dispose of masks as you do household waste

