

Prevent the spread of infection:


proper hand washing helps to protect!

1




Only with soap can impurities, bacteria and germs be effectively removed.

2



Soap your hands well. Rub your hands against each other on the inside and outside.

3



Don't forget the back of your hand.

4




Make sure that you wash between your fingers and under your fingernails carefully.

5




It is also recommended to clean the palms of your hands in circular movements.

6




And don't forget your wrists.

7



Soaping the hands should take between 20 and 30 seconds to carefully remove germs and bacteria. Then rinse the soap with lukewarm water until no soap residue remains.

8



Once ready, dry your hands completely, because bacteria and germs find it hard to survive on dry and clean hands. The fastest, most hygienic and most popular way to do so is still the paper towel.