

## Wash your hands properly

Washing hands should take about 20 to 30 seconds. To keep hands as germ-free as possible, they should be washed with soap (preferably liquid soap).



1 Wet hands with water



2 Soap the hands thoroughly



3 Rub your hands, including back of the hand, fingers and wrists



4 Rinse hands thoroughly



5 Dry with disposable towel



6 Turn off the water tap with the disposable towel

Quelle: Bundesamt für Gesundheit

As a guide: 20 seconds is roughly equivalent to the double hum of the Happy Birthday song.

Always after...

- Coming home
- the visit of the toilet
- changing diapers or helping your child with cleaning after going to the toilet
- blowing your nose, coughing or sneezing
- contact with waste
- contact with animals, animal feed or animal waste

Always before...

- the meals
- the handling of medicines or cosmetics

Always before and after...

- the preparation of meals and more often in between, especially if you have processed raw meat
- contact with sick people
- the treatment of wounds