


Annex 1

Hygiene Etiquettes

Hand washing etiquette

 **Duration of the entire procedure: 20-30 seconds**

1a

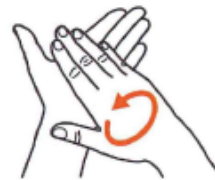


Apply a palmful of the product in a cupped hand, covering all surfaces;

1b

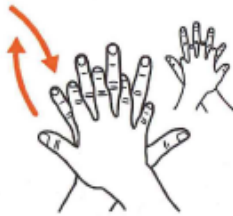


2



Rub hands palm to palm;

3



Right palm over left dorsum with interlaced fingers and vice versa;

4



Palm to palm with fingers interlaced;

5



Backs of fingers to opposing palms with fingers interlocked;

6



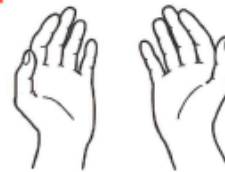
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8



Once dry, your hands are safe.

Sneezing/Coughing etiquette



1.

Sneeze and cough hygienically

Keep it with you!

Do not sneeze or cough in your hand, but in the crook of your arm or in a paper handkerchief. And keep your distance from the other children.

2.

Nose inside

Use a paper handkerchief to blow your nose. But only once!

3.

Get rid of it!

- Don't let tissues lie around.
- Do not put in your pants or skirt pocket
- Do not collect.

4.

Off to the bucket!

Tissues must be put in the trash bin. Close the lid and you're done.

+

One more tip:

When you have a cold, wash your hands frequently.