

## Supplement to the implementation of hygiene guidelines in schools

*Everybody is aware of it, but until it is automated in our brains, we must consciously focus on it.*

- **Masks**: only touch the elastic bands. When putting the mask down, place it with the outside facing down, on a clean surface (e.g. your desk, a fresh paper towel).
- **Do not touch your face!** Wash your hands before blowing your nose, rubbing your eyes, etc.
- **Hand washing**: with water and soap for at least 20 seconds before rinsing thoroughly and drying completely, either with a hand dryer or a paper towel.
- **Hand disinfection**: rub disinfectant in for at least 20 seconds, until your hands are completely dry!
- Use a clean paper towel or toilet paper when using **sink taps**, or if **flushing the toilet** etc., after washing your hands.
- **Leave doors open when possible**, so that door handles don't have to be touched more often than necessary.
- **Only touch what absolutely must be touched!** Things to avoid touching include: stair rails, window sills, doors (apart from the handles), mobile phones which aren't yours, pens, seats, tables...
- **Communal objects**, e.g. computer keyboards, mice, copiers, window handles, should only be touched with gloves or a fresh paper towel.
- **Handing out slips of paper**: only to be done by someone wearing a mask! DO NOT pass sheets through the class!
- Also during group work (at the computer, washing hands...), **never forget the safety distance!**
- **Disinfectant** should be used with care (as often as necessary, as little as possible)

This list is not exhaustive – it is only the things I noticed in the first days of school!

**I wish you all the best! Stay healthy!**

Your School Doctor