

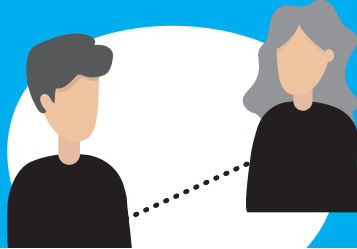
# Stop Corona!

ENGLISH

## Wear a mask!



## Keep your distance!



## Wash your hands!



## Important Information

### Face masks

A mask not only protects you yourself from infection, but, above all, other people. The top priority is still to:

**Please keep your distance.**

### Tips for putting your mask on and taking it off

What you have to consider:

Wash your hands thoroughly with soap before it putting on.

### Putting your mask on:

- Take the mask by the straps, hold it in front of your face, and pull the straps behind your ears.
- Completely cover your mouth, nose and chin when putting it in place.
- Pull the mask down over your chin with your thumb and forefinger and press it down firmly onto the bridge of your nose.

### Taking your mask off:

- Do not touch the outside of the protective mask when removing it.
- Remove the mask from behind: to do so, pull both straps forward at the same time with your hands.

After taking it off: wash your hands thoroughly with soap.

Caution: Avoid touching or moving the mask.



Pull the loops behind your ears or tie them in a bow behind your head so that the mask fits snugly around your face.



When removing your face mask, do not touch the outside of it if at all possible. It is best to hold it by the loops.

# Information on face masks

## Cleaning your face mask/reusable mask:

### Washing machine, oven

- › Reusable masks can be worn again after heat treatment.
- › Do not store face masks in closed containers like boxes or plastic bags as they cannot dry there.

**Dispose of defective or soiled masks immediately.**

**Always wash your hands thoroughly before putting your mask on and taking it off.**

### 1. Wash at 60°C using all-purpose detergent

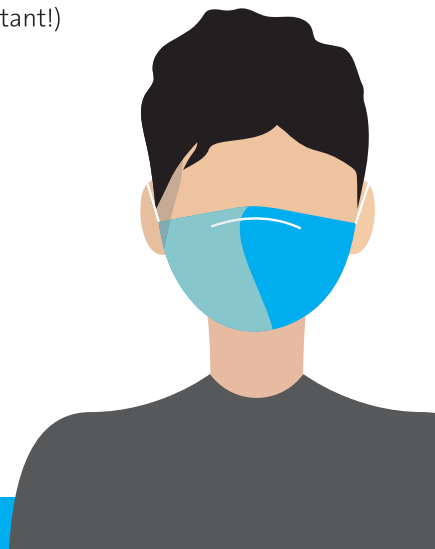
Wash your reusable mask in the washing machine at least 60°C and use all-purpose detergent.

### 2. Boil your reusable mask

Boil in a saucepan with hot water for five minutes.

### 3. Dry your reusable mask in the oven (mask must be heat-resistant!)

Preheat the oven to 80°C for 10 minutes. Dry your reusable mask in the oven for at least 30 minutes.



# Information on ventilating your home

The room air should be exchanged for fresh air. To do this, it is best to open all doors and windows (cross ventilation) and, additionally (if available), use a fan to increase circulation.

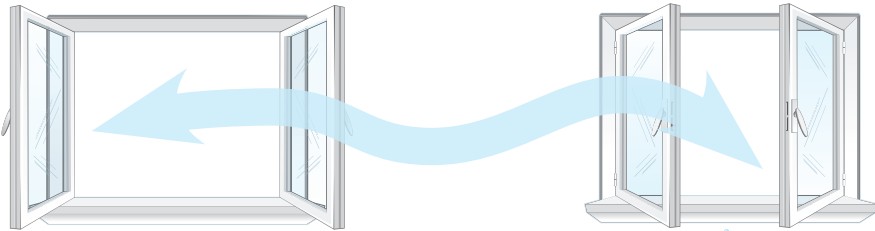
Aerosols are a possible route of transmission for the coronavirus, and they spread quickly through the whole room, particularly in enclosed rooms.

Aerosols are tiny droplets that float in the air of a room. We release aerosols into the air when we exhale: when we speak, sing or sneeze.

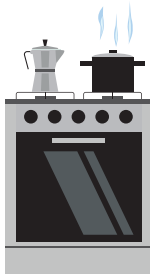
Ventilate your home several times a day for at least ten minutes each time.

**- The more often, the better -**

**How to ventilate correctly:** Ventilate 3-4 times a day Ideally, create cross-ventilation



**Kitchen and bathroom:** Ventilate to get rid of steam straight away



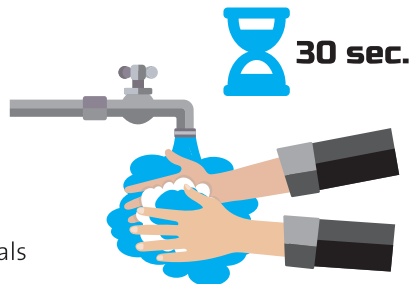
# Hand washing

**Hand washing is a simple and effective measure that can protect against infection.**

## **Wash your hands regularly and thoroughly.**

Don't just wash your hands when they are visibly dirty, but, in particular:

- › When preparing food and handling raw meat
- › Before and after meals
- › When you come into contact with people who are sick or when treating wounds
- › Immediately after you come home
- › After every time you go to the toilet
- › After changing nappies
- › After blowing your nose, coughing or sneezing
- › When you come into contact with waste, animals or animal feed



## **Proper hand washing requires a careful approach**

Wet your hands and lather thoroughly with soap.

- › Palms
- › Backs of the hands
- › Fingertips and fingernails
- › The spaces between your fingers and your thumbs

**Washing your hands thoroughly takes 20 to 30 seconds**

Dry your hands carefully.

## Other useful hygiene tips ...

### Cleaning your home hygienically

Hygiene in all rooms in the household is particularly important.

- › Door handles, light switches, landline telephone receivers, remote controls and other surfaces hands come into contact with are often touched by different people.  
In shared households, you should therefore clean every day with a damp cloth.
- › Clean the kitchen, bathroom and toilet daily with a commercially available cleaning agent.
- › Use separate cleaning cloths for the living room and bedroom, kitchen, bathroom and toilet. It is helpful to use different colour cleaning cloths for the individual rooms.
- › Clean rooms from top to bottom. Do the floor last.
- › Hang up cleaning clothes to air after use and allow them to dry well, since germs multiply particularly well in damp environments.
- › Wash your cleaning cloths at least once a week at 60°C using an all-purpose detergent.
- › Wash dish cloths and cleaning cloths as well as towels, flannels, bed linen and underwear at at least 60°C. Normal detergent is sufficient.
- › For normal outer clothing, lower washing temperatures are usually sufficient; do not use economy programmes.
- › Change your toothbrush regularly, every 2–3 months, or earlier after having a cold.
- › If possible, use separate towels for each person and **do not** use one towel for the whole family.

Consistent implementation of hand hygiene is the most effective action you can take against the transfer of pathogens – including on or via surfaces.



# Other useful hygiene tips ...

## Kitchen hygiene

**Good hygiene is especially important in the kitchen, so as to prevent the transmission of pathogenic germs.**

**Frequent and thorough hand washing when working in the kitchen effectively prevents the transmission of germs:**

- › Before preparing meals
- › Between different stages of work
- › After coming into contact with raw food
- › Before handling raw food
- › After coming into contact with waste
  
- › Discard meat and poultry packaging immediately.
- › Change towels, tea towels, and sponges at least once a week and when they are visibly soiled.
- › Wash towels and sponges at at least 60°C (a laundry net is helpful for sponges).
- › Wash glasses, dishes, cutlery and kitchen utensils in the dishwasher at least 60°C.
- › When washing up by hand, wash up as soon as possible after your meal, since germs multiply very quickly at room temperature.
- › In the kitchen, use cleaning agents that are approved for areas that come into contact with food.
- › Clean all work utensils that come into direct contact with food (such as cutting boards, appliances, knives, work surfaces) daily and after each time you use them.
- › Use separate cleaning cloths for dishes, work surfaces and floors.
- › Clean washing-up brushes in the dishwasher and replace them every now and then.
- › Wipe down the refrigerator weekly with a damp cloth.
- › Empty rubbish bins regularly and clean with a damp cloth at least once a week and when they are visible dirty.

### **Important:**

**Follow the dosing instructions for the cleaning agents you use!**

# Other useful hygiene tips ...

## Food hygiene

### **Washing your hands is the most important hygiene rule when handling food**

Only touch food with clean hands, so that all members of the household stay healthy.



### **Before cooking:**

- › Tie your hair back, roll your sleeves up and take off jewellery.
- › Cover open wounds with a waterproof bandage.
- › Prepare raw meat separately, so that harmful bacteria are not transferred to other foods.
- › Use different cutting boards for different types of food. Different colours can help.
- › Thoroughly wash foods that are eaten raw.

### **Also important:**

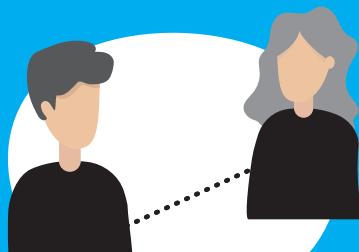
- › Use a spoon for tasting.
- › Cover dishes that have been prepared, as flies can transfer pathogens onto food.
- › Wipe down work surfaces immediately after cooking.
- › Keep pets away from food, and do not stroke them while preparing dishes.
- › Food hygiene in the refrigerator is also important, so as to prevent the transmission of pathogens from one foodstuff to another. Keep raw meat in the bottom-most compartment, vegetables in the drawer, and dairy products at the top.
- › No longer use glasses or tins that have been damaged (including bulging tins)
- › When using disinfectants and cleaning agents, make sure that they are approved for areas that come into contact with food.

# Stop Corona!

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**JOHANNITER**



**HANAU STEHT AUF HYGIENE**

Daily information about the current status can be found at:



**[www.corona-hanau.de](http://www.corona-hanau.de)**

#hanaisintohygiene  
#togetheragainstcorona

Information provided by the Municipal Authorities of Hanau | Crisis Team/Hygiene Team | Am Markt 14-18 | 63450 Hanau in collaboration with Johanniter-Unfall-Hilfe e. V. | Friedberger Str. 9 | 63452 Hanau, Germany. We would like to thank Johanniter-Unfall-Hilfe e.V. for compiling the extensive data that served as the basis for creating this brochure.