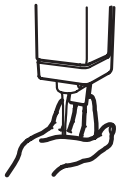




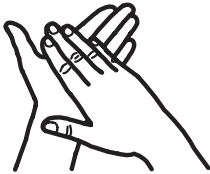
# Richtiges Händewaschen



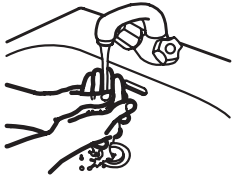
Hände mit Wasser benetzen



Hände gründlich einseifen



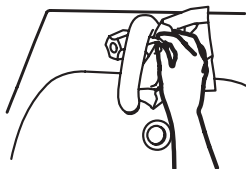
Hände reiben, inkl. Handrücken,  
Finger und Handgelenke



Hände gut spülen



Hände mit Einweghandtuch gut trocknen



Hahn mit Einweghandtuch schliessen



Schweizerische Eidgenossenschaft  
Confédération suisse  
Confederazione Svizzera  
Confederaziun svizra

Swiss Confederation

Bundesamt für Gesundheit BAG  
Office fédéral de la santé publique OFSP  
Ufficio federale della sanità pubblica UFSP  
Federal Office of Public Health FOPH

In Zusammenarbeit mit:

**ETH**

Eidgenössische Technische Hochschule Zürich  
Swiss Federal Institute of Technology Zurich

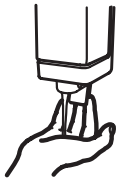
**GEMEINSAM  
GEGEN  
GRIPPE**



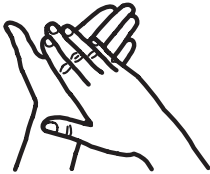
# How to Handwash



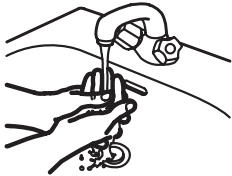
Wet hands with water



Apply enough soap



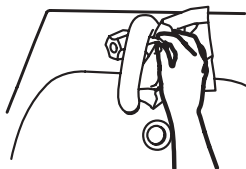
Rub hands, including your palms, fingers and wrist



Rinse hands with water thoroughly



Dry hands thoroughly with a single use towel



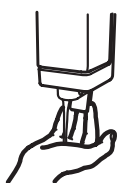
Use single use towel to turn off tap



# Lavarsi correttamente le mani



Inumidire le mani con l'acqua



Insaponare bene le mani



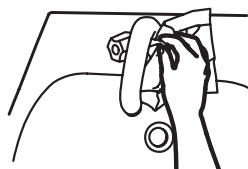
Lavare a fondo le mani includendo il  
dorso e le parti e tra le dita



Risciacquare bene le mani



Asciugare bene le mani con un  
tessuto monouso



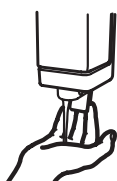
Chiudere il rubinetto utilizzando il  
tessuto monouso



# Le lavage correct des mains



Mouiller les mains



Savonner suffisamment les mains



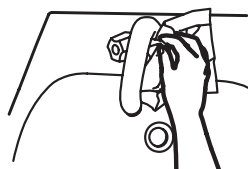
Frotter les mains, sans oublier le dos  
des mains, les doigts et les poignets



Bien se rincer les mains



Bien essuyer les mains avec un  
essuie-mains à usage unique



Refermer le robinet avec l'essuie-mains