

Hand disinfection in 30 seconds



Rub in a handful of hand disinfectant (3 – 5 ml = 2 – 3 dispensers) until dry.



Wet your entire hand with the disinfectant for at least 30 seconds.



Particularly important: fingertips and thumb tips, palms and spaces between the fingers.

Contact person / presented by:

The **mre-netz regio rhein-ahr** is a network set up by the health authorities to prevent and control multidrug-resistant pathogens (MDROs). The coordination and advice center is located at the University Hospital Bonn.

Address:

University Hospital Bonn
mre-netz regio rhein-ahr
Institute for Hygiene and Public Health
Venusberg-Campus 1
53127 Bonn

Contact:

mre-netz@ukbonn.de

Further information is available online at:

www.mre-rhein-ahr.net

Last updated: August 2025



Information

For patients and relatives

Hand hygiene and
basic hygiene

Hand hygiene

Hand hygiene is the most important measure in hospitals to prevent the transmission of pathogens. Good basic hygiene can also prevent the transmission of pathogens at home. Transmission usually occurs from person to person or via contact surfaces such as handles or other surfaces.

Hand washing



Wash your hands particularly thoroughly...

- > After going to the toilet
- > If hands are dirty with blood, pus or other contaminants.

Wash your hands with liquid soap from the soap/lotion dispenser for at least 30 seconds to loosen dirt and other contaminants from your hands or skin and rinse with water.

Disinfection of hands

Washing with soap reduces the number of bacteria and viruses on your hands, but does not kill them. Hand disinfection kills pathogens and is gentler and safer in doing so. To disinfect your hands, use the hand disinfectant from the dispenser as described in the following text.

Above all, disinfect your hands...



- > Before or after contact with fellow patients or visitors
- > Before leaving your room
- > When entering and leaving waiting and examination rooms
- > Before and after treating wounds

You can continue to shake hands, if you follow the indications for disinfection as listed above. It makes sense to consult the treating doctors or nursing staff about this, if you have any questions.

Hygiene in the sanitary area

Have a shower



Showering regularly is important for physical hygiene and your well-being. However, when showering, you must protect the following areas from moisture and water:

- > open wounds,
- > entry points for venous catheters,
- > wound drainages etc.

Hygiene products



Carefully separate your own hygiene items in the bathroom and your laundry from those of your roommate; only use your own hygiene items or those provided to you.

Every time you open the tap, water droplets can spray out of the drain or out of the sink itself. Therefore, keep the sink free of your personal utensils.

Your personal utensils include:

- toothbrush • cosmetics • razor • razor blades
- washcloth • towel

Towels



Always use only your own personal towel in the sanitary area of your room and do not share it with anyone. Hang your towel on the hook provided for you. Depending on how dirty it is, only use your towel for one to two days, after which your towel should be replaced by your relatives.

Proper handling of laundry



If your relatives wash your towels, you should ensure that the towels are washed at temperatures of at least 60° Celsius with heavy-duty washing powder. Your personal laundry (nightgowns, pyjamas, underwear etc.) should also be washed and prepared in a hygienically safe manner using heavy-duty washing powder. Laundry that you wear directly on your body (e.g. underwear) or use for washing and drying (e.g. towels) can be contaminated for longer periods of time with pathogens during the wearing period when not washed correctly. You should therefore only use laundry and towels that can be washed at 60° Celsius minimum.

Basic hygiene

Be careful with a runny nose, cough, vomiting and diarrhoea

Some pathogens settle in the nose, throat and in the respiratory system. If you have to sneeze: keep your distance, it's better to sneeze into the crook of your arm than into your hand. Don't leave tissues lying around, just throw them away immediately after use in closed waste containers. In case of diarrhoea and vomiting disinfect the toilet and the contact surfaces after use or inform a staff member. Then disinfect your hands thoroughly as described in the following text. Please ensure that your visitors do not have such symptoms. Please avoid receiving visitors with such symptoms.



Hygiene in your own kitchen

Some resistant pathogens spread from livestock of agriculture to people and could then be brought to the hospital with the patient and lead to problems during medical procedures. If you are preparing raw meat or poultry in your kitchen at home, use different boards for cutting and knives for preparing salad or cooked foods. Boards with smooth surfaces are hygienically safe surfaces. Clean the knives and boards thoroughly after preparation. A rinsing dishwasher program is best with at least 60° Celsius. Kitchen towels are also often highly microbially contaminated and should therefore be replaced as often as possible and washed at high temperatures. The same applies for rags and sponges.