



Hygiene explained for children



The following recommendations are intended to serve as support and suggestions, which can always be individually adjusted and modified.

Corona viruses are little ill-makers which are passed from one person to another above all via tiny droplets when speaking, coughing and sneezing, maybe even via objects as well. For this reason it is spreading particularly quickly in places where many people gather. Therefore, places such as nurseries, schools, playgrounds, restaurants or swimming pools are closed at the moment.

Because many people don't even notice they have these little ill-makers inside them and can therefore infect other people, there are certain rules in place at the moment. With these rules, children and adults can help to protect themselves and others.

Rule no. 1: *When you are out and about keep a definite one and a half to two metre distance from other people. This is about as long as your bed. This also applies if you know someone or are pleased to see each other. When you greet each other it's not good to hug, kiss or shake hands at the moment. Think of other greetings like waving or blowing a kiss.*

Rule no. 2: *Avoid direct contact with anyone who doesn't live with you, above all with older people or those who are ill. This also applies to all those you really love and usually see regularly. Together with grown-ups near you consider how contact can be maintained instead: During these times, telephone calls, emails, voice messages or video calls can bridge the distance and give the sense that even though you might not be able to meet up at the moment you are together nonetheless.*

Rule no. 3: *Make sure to keep to the following hygiene rules:*

- *Sneeze and cough into your elbow or a paper tissue.*
- *While washing your hands sing "Happy Birthday" twice through - only then are your hands properly clean.*
- *Wash your hands on the outside, inside, between the fingers and also wash your fingernails...*
 - *when returning from outside* - *before meals*
 - *after going to the toilet* - *after coughing, sneezing or wiping your nose*
- *Only use paper tissues once and immediately throw them away.*

Rule no. 4: *If you feel ill or feverish, your throat is scratchy or you are coughing a lot, make sure to speak to a grown-up who knows what to do.*

Additional advice for adults: Read through the advice together with your child and practice with each other. For example, definitely have a look how far one and a half metres is since neither we nor children necessarily have the right idea. It's also best to learn how to wash hands properly together. First of all, try it together but then continue going into the bathroom with each other before meals and singing "Happy Birthday" together. If hand washing and keeping a distance are

fun and become a game then it leads to joy rather than scolding. If it doesn't yet work properly, don't threaten the child that it will make others sick or even endanger people it loves. Instead, motivate your child. Explain that: "We're all helping - you too!" and remind the younger children especially because maybe they don't yet have a sense of a new thing also applying the next day. Give assistance if it's not working so well yet and give praise when it goes smoothly! But above all: Lead by example!

Sources: AETAS Kinderstiftung (2020): Hygiene explained for children. AETAS Kinderstiftung. Munich. Available online at www.aetas-kinderstiftung.de, Version: 27/03/2020.

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