Dear visitor,

using hand sanitizer gel is an efficient way to prevent the spreading of pathogens at the hospital.

**We kindly ask all those visiting the hospital to follow the instructions below:**

**Disinfect your hands by using hand sanitizer gel**

* When you arrive on the ward.
* When you enter the patient room and after leaving it.
* When you are leaving the ward.
* After visiting the toilet.

**Use hand sanitizer gel correctly**

* Apply 1-2 doses of hand sanitizer gel on your dry hands.
* Rub the hand sanitizer gel all over your hands, especially on the finger tips, thumbs and palms of your hands until your hands are completely dry.

**Wash your hands with soap and water**

* Every time you have visible dirt on your hands.
* After every toilet visit.

**Cough and sneeze correctly**

* Do not cough or sneeze toward/at other people.
* Cover your face firmly with a paper tissue when you cough or sneeze.
* Put the paper tissue in the waste bin immediately after coughing.
* If there are no paper tissues available, cough in the upper part of your shirt sleeve.
* After coughing, disinfect your hands with hand sanitizer gel.

**If it is absolutely necessary to visit a close member of your family even though you have an infectious disease (for example flu, influenza, stomach bug), please contact the staff on the ward before entering the patient room.**