

## HYGIENE SIGNS AT DJH



Bitte  
**Hände**  
desinfizieren

Please  
**disinfect**  
hands



Bitte  
**Maske**  
tragen

Please  
**wear a**  
mask



Bitte  
**Nies-**  
**Etikette**  
beachten

Please sneeze  
**into your**  
elbow



Bitte  
**vor Abreise**  
**Fenster öffnen**

Please  
**open windows**  
before checkout



Bitte  
**Abstand**  
einhalten

Please  
**keep a distance**



**Karten-**  
**zahlung**  
bevorzugt

**Cashless**  
payment preferred



Bitte nur  
**eine Person oder**  
**Familie**

**One person**  
or family only



Bitte auf der  
**Treppe**  
**immer rechts**  
**halten**

Please keep  
**to the right**  
on stairs

## LEGAL INFORMATION

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### Picture credits

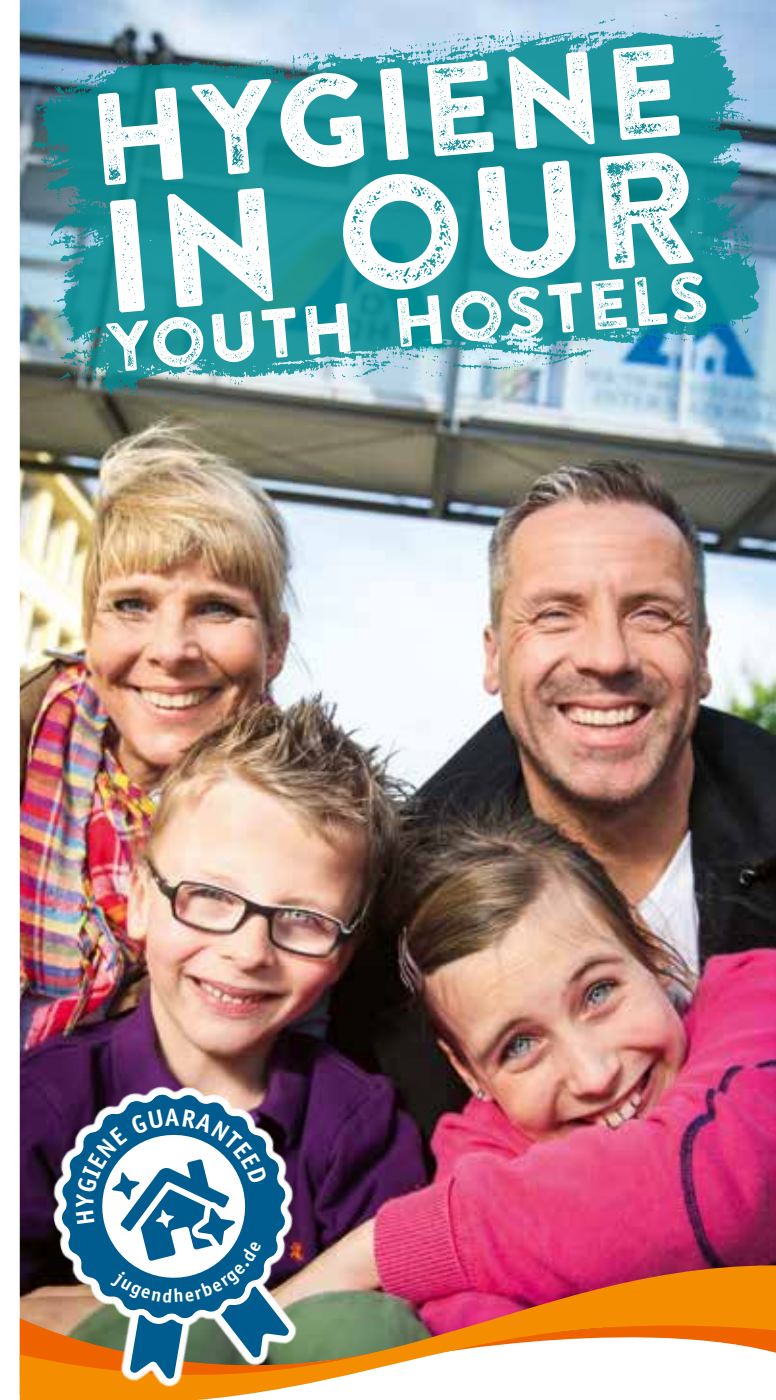
German Youth Hostel Association e. V.

Pictograms on p. 2 and 3: Bundeszentrale für gesundheitliche Aufklärung, infektionsschutz.de, www.infektionsschutz.de/mediathek/infografiken/hygiene-tipps 26.05.2020, CC BY-NC-ND

### Sources

Bundeszentrale für gesundheitliche Aufklärung, infektionsschutz.de  
Johanniter.de  
RKI.de

As of: 26.05.2020



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youth-hostels.de 

# HYGIENE RULES



## Wash hands thoroughly

Wash hands for at least 20 – 30 seconds with plenty of soap (palms, back of the hand, fingertips, space between fingers, thumbs, fingernails, wrist). Only touch tap with the elbow or a disposable towel. Dry hands thoroughly with a clean cloth. Support children and people in need of assistance if necessary.



## Wash hands frequently

Wash hands when entering and leaving the youth hostel; before and after eating or going to the bathroom; and after touching other persons or surfaces.



## Do not touch your face

Keep your hands away from your face. Use gloves if necessary (make sure to put them on and take them off correctly).



## Cough or sneeze hygienically

Cough and sneeze into your elbow or a disposable tissue. Turn away from other people, wash hands directly afterwards.



## Cover up wounds

Use plasters, bandages or creams; wash hands before and after handling.



## Keep a distance

At least 1.5 m, always wear a protective mask if not possible.



## Pay attention to cleanliness

Regularly clean clothes and shoes, towels and any items you have brought. Separate used items, e.g. in laundry bags or plastic bags. Do not share items such as cutlery, towels or toys.



## Treat foods hygienically

Wash thoroughly before consumption (fruit, vegetables, snacks), store packaged. Keep a distance from other people in the dining room.



## Ventilate well

Ventilate rooms regularly and several times a day. If possible, leave windows open when leaving a room. Do not forget to switch off the heating.

Source: BZgA, infektionsschutz.de

Check here for  
all open youth hostels:  
[jugendherberge.de](https://jugendherberge.de)

# FURTHER INFORMATION

## Masks

### What types of mask can I use?

Any – even makeshift masks, i. e. scarves or shawls, are sufficient.

### What must be considered when wearing the mask?

Masks should always cover your mouth and nose and be tight enough to prevent constant slipping. Wash hands thoroughly before putting on and after taking off the mask and take care not to touch your face (use the side flaps). Wash the mask immediately (at least 60 °C) or store it in a separate bag. Moist masks must always be replaced immediately.

### When do I have to wear a mask?

When the minimum distance of 1.5 m cannot be kept in public areas; in public transport; in restaurants and dining rooms (the mask may be taken off when seated); and wherever there is a sign requiring it. Please always remember to carry a mask with you. Children below the age of 6 are usually exempt\* from the obligation to wear a mask.

\* As regulations vary, please inform yourself of the applicable regulations at your destination.

## Suspected Corona infection – What now?

### Symptoms: Fever, shortness of breath, cough and fatigue

1. Put on disposable gloves and cover mouth and nose with a mask. Return to your room in the youth hostel immediately. Keep at least 1.5 m distance from other people.
2. Contact youth hostel staff by telephone. They will inform the competent health authorities. Wait for feedback from the youth hostel.
3. Stay calm, do not leave the room, drink a lot of water, record symptoms if necessary.

Sources:  
BZgA, infektionsschutz.de; Robert-Koch-Institut, rki.de; Johanniter, johanniter.de