

### How do I cough and sneeze properly?

Pathogens from the respiratory tract can also be contained in the smallest liquid droplets that arise while speaking, sneezing and coughing. Such droplets can travel in the air up to a distance of 2 m. That's why it is important to cough and sneeze properly.

- Turn away from other people and avoid coughing or sneezing on items or food. It is best to use your own upper arm as a protective barrier.

### Mouth and nose protection mask – correct use:

The mouth and nose protection mask must be worn properly so that it can effectively restrain pathogens, especially for colds, cold sores, coughing and sneezing.

- The mask needs to cover up both the mouth and nose.
- The mouth and nose protection mask must be changed when moistened, otherwise, every two hours!
- After changing the mouth and nose protection mask, you need to disinfect your hands.

### Eat and drink

- Never cough and sneeze on food.
- Cover small wounds on hands and arms with waterproof patches.
- Use crockery and cutlery from the hospital.
- Place food on your own bedside table or consume it directly at the dining table.
- Do not pass on your food to other children.
- Be sure to disinfect your hands before entering the ward's kitchen.
- Return dirty dishes with the tray.

### Cleaning activities in the patient room

Daily wiping disinfection /cleaning of patient room and sanitary facilities are important activities in everyday clinical practice. Please support us:

- Free space in the patient environment (bedside table, dining table and floor) is necessary for proper cleaning.
- The nursing staff is happy to assist you in storing away foldable stretchers and chairs.

### Department of Paediatrics and Adolescent Medicine

Director: Prof. Dr. med. Joachim Wölfle

Loschgestr. 15, 91054 Erlangen  
www.kinderklinik.uk-erlangen.de

Phone: 09131 85-33118  
Fax: 09131 85-33113  
ki-koordination@uk-erlangen.de

Please note:  
For better legibility, we use the male form when describing groups of people; of course, this includes the female members.

Editor: Uni-Klinikum Erlangen/Kommunikation, 91012 Erlangen  
Photo: © Murat Subatli/Fotolia.com

# Hygiene rules

of the Department of Pediatrics  
and Adolescent Medicine of the  
Universitätsklinikum Erlangen



**Universitätsklinikum  
Erlangen**

in order to protect your child and yourself from contracting a hospital infection we suggest that you follow the hygiene rules outlined below. By doing so, you do not only protect your child, but also other patients and their parents.

**Important things first:**

Pathogens are often transmitted by shaking hands. **That's why we usually DO NOT shake hands with the greeting.** Nevertheless, we warmly welcome you to our ward!

Some patients will be kindly asked, or prefer, to wear a mouth and nose protection mask for safety, this also helps in the prevention of spreading infection.

We hope you respectfully take these precautions, as our main goal is to treat all of our patients with the utmost care and protect them from contracting an infection. Please help us, it's worth it!

Kind regards,

Prof. Dr. med. Joachim Wölfle  
Director of the Dept. of Pediatrics  
and Adolescent Medicine of the  
Universitätsklinikum Erlangen

**We kindly ask you to only take care of your child.**

Please avoid contact with other patients and their parents so that no pathogens are transmitted. This rule also applies to the bed of the neighbor's child and his belongings, such as toys; game computers; cuddly toys and pacifiers, via which pathogens can be easily exchanged or transmitted.

**Visitors**

It is not excluded that visitors can carry pathogens in an early stage of a disease, thereby infecting patients without noticing. Children under the age of 14 years require a clinical examination by a physician of our outpatient department ("Hochschulambulanz", ground floor) before entering a ward. Visitors may not enter the ward if they have the following signs of an acute infection:

- diarrhoea and/or vomiting
- conjunctivitis
- rash of unknown origin
- acute infection with fever (> 38,5 °C)
- contagious infectious diseases in their environment

**Special precautions**

In the event that you have a mild cold ("runny nose") or a herpes labialis ("cold sores"), contact the staff before entering the patient's room. In individual cases it is then decided whether you are allowed to enter the patient's room with a mouth and nose protection mask, for safety.

Hands are the main carriers of pathogens. We protect ourselves by:

- washing our hands
- using hand sanitizers
- not shaking hands
- using disposable gloves

**The most important hygiene measure is hand disinfection.**

- Remove rings and bracelets.
- Use the disinfectant dispensers, which are located in many places on the wards.
- Wet the entire hands and wrists with the hand disinfectant (at least 3 ml).
- Be sure to expose your entire hand to the disinfectant for at least 30 seconds.
- Avoid touching the eyes and nose.

**When to use disinfection:**

- before entering a patient or play room
- before using the mobile electronic devices, cell phones or computers
- before feeding or helping the patient with food
- before entering the parent-patient-kitchen
- after sneezing or coughing in the palm of your hand (better to cough in the upper arm)
- after nasal cleaning
- after using the bathroom
- after changing diapers
- after removing disposable gloves

In individual cases, hand disinfection may also be required in other situations that are not listed above.