

# How to Wash Your Hands

To protect yourself, use the following steps to wash your hands



**1**  
Apply soap generously and wet your hands with clean water. Turn off the water tap.



**2**  
Lather your hands with the soap and scrub for 20 seconds.



**3**  
Wash vigorously between your fingers and thumbs.



**4**  
Wash between your thumbs and the palm of your hands, again.



**5**  
Scrub the back of your hands.



**6**  
Scrub wrists and forearms. Turn on the water tap and rinse with clean water.



**7**  
Apply disinfectant gel when no water is available and apply steps 1 to 6.



## COVID-19 Pandemic

# Welcome aboard

To stay healthy and safe, please observe these instructions.

Some seat assignment restrictions and personal protection equipment instructions may apply in order to respect national health and social distancing laws. When you have been briefed about these, we kindly request that you respect these at all times.

# How to Remove Gloves

To protect yourself, use the following steps to take off gloves



1 Grasp the outside of one glove at the wrist. Do not touch your bare skin.



2 Peel the glove away from your body, pulling it inside out.



3 Hold the glove you just removed in your gloved hand.



4 Peel off the second glove by putting your fingers inside the glove at the top of your wrist.



5 Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.



6 Dispose of the gloves safely. Do not reuse the gloves.



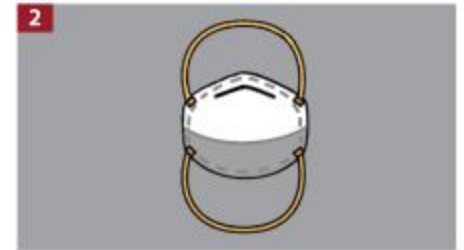
7 Clean your hands immediately after removing gloves.

# How to Wear A Face/Mouth Mask

To protect yourself, use the following steps to correctly wear a face/mouth mask



1 Wash your hands vigorously for 20 seconds. (See also our "How to Wash Your Hands" card.)



2 Ensure that the proper side of the mask face upwards.



3 Place the mask carefully on your head, making sure it fits nicely, and secure the strings behind your head or over your ears. (This depends on face mask type used.)



4 Cover mouth and nose fully while making sure there are no gaps.



5 If applicable, press/pinch the metallic strip to fit the shape of your nose.



6 After putting on the mask try not to touch the mask while wearing it, and if you do, immediately wash your hands.



7 After use, remove the mask with clean hands by holding it by its strings and discard immediately.

**Do not re-use disposable masks.**