



Top tips for a safe and healthy summer

Whether you are planning a vacation or a staycation, be sure to practice sound holiday hygiene

Brussels, 29 June 2021 – Summer is finally here. Tourist spots are opening up and the school year is drawing to a close. Whether you are venturing abroad or holidaying in your own country, you are likely to be out and about much more than you have been all year – visiting parks, beaches and restaurants – and that means you need to take steps to keep you and your family safe.

While holidays are a time to leave your worries behind, don't forget to still apply all of the good hygiene advice that you have learned over the past 18 months: wash your hands frequently and dry them with single use towels; sanitise your hands after touching items such as door handles, stair rails and restaurant menus; keep your distance; wear a mask in crowded places; and try to stick to venues that are well ventilated.

If you are planning to travel by plane then you need to be extra vigilant: wear your mask at all times unless you are eating or drinking; use hand sanitiser to wipe down tables and surfaces and if you visit the washrooms then wash your hands thoroughly and dry them with the paper towels provided.

Indeed, whether you are travelling by plane, boat or train this summer, be sure to adopt the new travel etiquette to ensure that everyone arrives safely at their destination. Use hand sanitiser frequently and on surfaces in public areas and keep a packet of tissues handy in your luggage – you never know when you might need them.

Experts advise that the post-Covid world is going to be different than before. Hygiene and safety remain a top priority and we will all need to get used to the new normal and be prepared.

For bars and restaurants of course hygiene has always been a top priority – from kitchens and food preparation areas through to restaurants and washrooms. But remember, frequent hand washing and drying is not just for chefs and waiting staff. We, the customers also have a responsibility to follow the rules of eating out in order to keep everyone safe. Remember: mask, hand hygiene, sanitiser and paper tissue after touching everything from pepper pots to portable payment machines.

While frequent handwashing has already become the norm for most of us a recent study from the University of Leeds has found that the way in which we dry our hands after washing them can also have a significant impact on the spread of viruses beyond the washroom. It recommended drying hands with paper towels as this resulted in the lowest levels of virus contamination found on hands and clothing.

Whatever your holiday plans this summer, you can find a wealth of useful information and expert presentations [here](#). So be sure to pack your best hygiene practices and ensure a safe and healthy break for you and your family. And do not forget to enjoy!

Ends



About ETS

ETS is the European Tissue Paper Industry Association. The members of ETS represent the majority of tissue paper producers throughout Europe and around 90% of the total European tissue production. ETS was founded in 1971 and is based in Brussels. For more information: www.europeantissue.com

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