

# Handwashing

*Proper handwashing helps reduce the spread of diseases*

## WASH HANDS:

- Before, during, and after preparing food.
- Before eating food.
- After using the toilet or evacuating waste.
- After changing diapers or cleaning up a child who has used the toilet.
- After touching an animal, animal feed, or animal waste.
- After playing or swimming.



**1**  
wet

### 1. WET

- Wet hands with clean, running water.



**2**  
soap

### 2. SOAP

- Apply soap.



**3**  
rub

### 3. RUB

- Rub hands together for at least 20 seconds.
- Make sure to rub soap on the front and back of your hands, between fingers, and under nails. (Count or sing a children's song)



**4**  
rinse

### 4. RINSE

- Rinse all the soap off with clean water.



**5**  
dry

### 5. DRY

- Air dry hands or use a clean towel.

**If clean water and soap are not available, try to use hand sanitizer. Cover hands and rub together briskly until it dries.**

