

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.

