

HANDWASHING TIPS

TELL A FRIEND ABOUT WASHING HANDS



Wet hands and apply soap well then rub hands together



Rub the back of both hands



Interlace fingers and rub hands together



Interlock fingers and rub the back of fingers of both hands



Rub thumb in a rotating manner followed by the area between index fingers and thumb for both hands



Rub fingertips on palm for both hands

DRY YOUR HANDS THOROUGHLY WITH A PAPER TOWEL OR CLEAN TOWEL.

Diarrhoea, cholera, typhoid fever and trachoma are all caused by bad hygiene practices.

Washing hands frequently can prevent these diseases and save lives.



WATER IS LIFE - SANITATION IS DIGNITY



water & sanitation

Department:
Water and Sanitation
REPUBLIC OF SOUTH AFRICA

