

# Hand Washing

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## Why?

Keeping your hands clean is one of the most important steps to avoid becoming sick;

A number of illnesses occur due to poor hygienic practices, such as contaminated hands.

## When should we wash our hands?

- Before, during and after preparing foods
- Before eating food
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage



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❖ Wash your hands with clean and running water. Turn off the tap and apply soap.

❖ Lather your hands by rubbing them together with the soap (do not forget to wash between fingers and under your nails).

❖ Scrub your hands for at least 20 seconds.

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❖ Rinse your hands under clean, running water.

❖ Dry your hands using a clean towel or air dryer.



❖ Use the towel to turn off the tap, if necessary,

# Hand Washing - playing with kids

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- ❖ We asked them to cover their eyes and wash their hands. Then, we gave them paint instead of soap.
- ❖ After washing, they took off their eye covers and they observed that even after washing, there was still paint between their fingers and nails.

