

Washing Your Hands Properly

Every day we wash our hands many times; however, are we washing them properly? Keeping your hands clean is one of the most important steps to avoiding sickness. A number of illnesses occur due to poor hygienic practices, such as contaminated hands.

First, wash your hands with clean and running water. Then, turn off the tap and apply soap.

Next, lather your hands by rubbing them together with the soap. Do not forget to wash between your fingers and under your nails.

Scrub your hands for at least 20 seconds.

Rinse your hands under clean, running water.

Finally, dry your hands using a clean towel or air dryer. Use the towel to turn off the tap, if necessary.

It is important to wash your hands before, during and after preparing foods, before eating food, after using the bathroom, blowing your nose, coughing or sneezing, after touching an animal, animal feed, or animal waste, and finally after touching trash.

After hearing my presentation, raise your hand if you think you wash your hands properly? It's more difficult than we think!
