

WHEN TO WASH YOUR HANDS?



Before cleaning your nose

After coughing and sneezing

After touching garbage and rotten food

After handling raw foods



Before and after preparing food

Before and after meals

Before and after using the toilet

Before brushing your teeth or cleaning your face and eyes

After using public transportation



After using public transportation

After touching animals

When hands become visibly dirty

After getting home

HOW TO WASH YOUR HANDS?

1 Before washing your hands, remove any accessories such as ring, watch.

2 Wet your hands with running water



4 Thoroughly rinse your hands with running water.

5 Dry your hands with paper towel from the wrists.

6 Turn off the tap using that used paper towel.



3 Vigorously rub soap over wrists, palms, backs of hands, nails and between fingers by scrubbing for at least 20 seconds.



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