Hand Washing

**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
Hand Washing

- 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.
Hand Washing

- 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

- 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.