Practice Frequent Handwashing

1. **WASH** your hands regularly for at least 20 seconds.
   - Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
   - Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
   - Rinse your hands well under clean, running water.
   - Dry your hands using a clean towel or air dry them.
   - Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

2. **Moments of hand hygiene in a school.**
   - Before and after eating or preparing food.
   - Before and after you touch a wound or touching a sick person.
   - After touching surfaces which other people touch, (or after contact with frequently touched surfaces).
   - After touching animals or cleaning their shelters.
   - After using a latrine/toilet.
   - After blowing your nose, coughing or sneezing.
   - After touching rubbish.