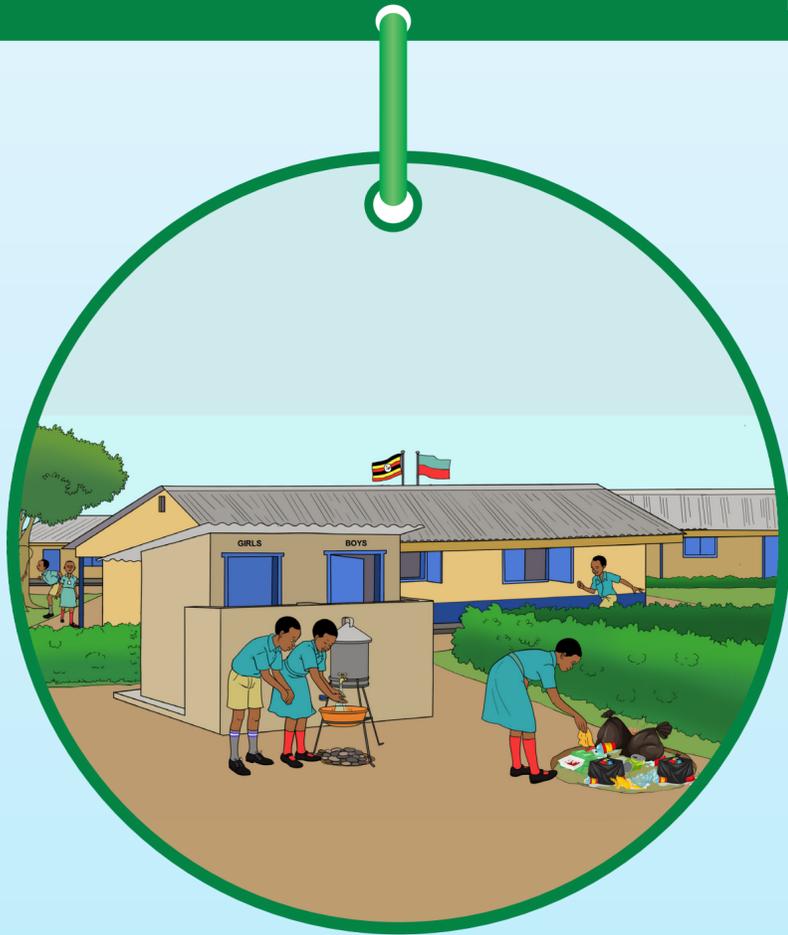




THE REPUBLIC OF UGANDA  
MINISTRY OF HEALTH

# 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.

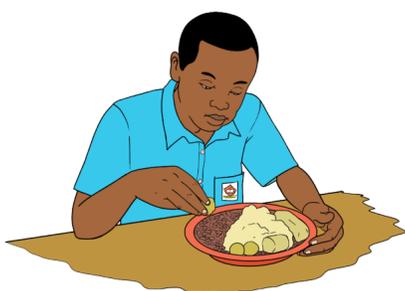


**Dry your hands** using a clean towel or air dry them.

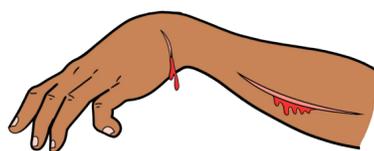


**Scrub your hands** for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

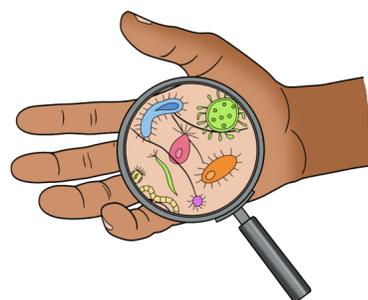
## 2 Moments of hand hygiene in a school.



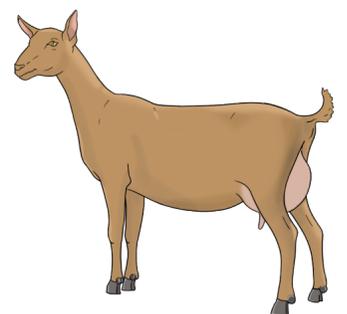
**Before and after eating** or **preparing food.**



**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.



From the People of Japan

**KOICA**  
Korea International Cooperation Agency



from the British people

**unicef**  
for every child