

## Practice Personal Hygiene to Prevent COVID-19 Transmission

## Steps of proper hand washing



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.



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



Rinse your hands well under clean, running water.

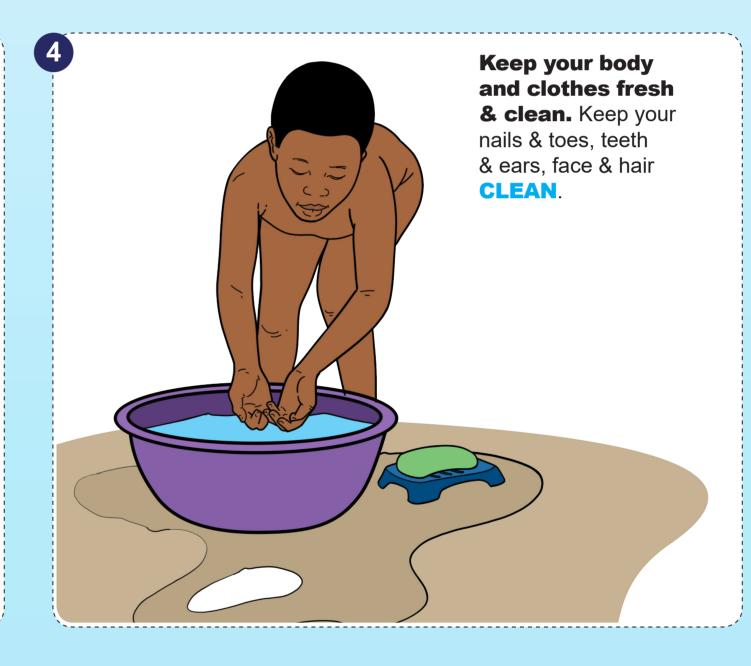


Dry your hands using a clean towel or air dry them.

Wash your hands **BEFORE** preparing food, eating or giving food to babies, **AFTER** pee, poo or cleaning a baby or helping someone who is ill, blowing your nose, coughing or sneezing, and after touching your pets or other animals, and handling rubbish, etc.



Wash your hands properly before touching your face (eyes, nose and mouth) as this is where germs enter the body.



Keep human and animal poo and pee away from flies that spread germs.
Use latrines & afterwards, wash your hands with soap and water.



Don't touch clean safe water with dirty hands or cups. Keep it safe & free from germs.



Kill or reduce flies by keeping the home & community free from rubbish & dirt. Store rubbish safely









