HAND HYGIENE

Wash your hands to prevent the spread of diseases.

WASH HANDS:

WET HANDS

APPLY SOAP

RUB HANDS PALM TO PALM

LATHER THE BACKS OF YOUR HANDS

RUB THE BACKS OF FINGERS ON THE OPPOSING PALMS

RINSE HANDS

DRY WITH A SINGLE USE TOWEL

WELL DONE

Wash hands before:

- **Preparing food, eating or feeding children.**
- **Giving medication or first aid.**

Wash hands after:

- **Using the toilet or changing a child's nappy.**
- **Handling pets and domestic animals.**
- **Touching blood or body fluids.**
- **Touching a potentially contaminated site.**

Wash hands before and after:

- **Handling raw food.**
- **Tending to someone who is sick.**

Wash whenever hands appear dirty.

Western Cape Government
FOR YOU
Health and Wellness