HEALTH AND HYGIENE

Wash Your hands with Soap and Clean Water at the following Critical times

- After using the toilet
- After changing babies nappies
- After handling rubbish/waste material
- After handling raw meat
- Before feeding your baby
- Before preparing food

Always wash your hands after touching your hair, coughing, sneezing, blowing your nose, handling menstrual sanitary pads, before eating and every now and again.

Breaking the cycle of diseases

health

Department:
Health
REPUBLIC OF SOUTH AFRICA