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Washing Hands

How to wash hands

- ▶ Use liquid soap and running water
- ▶ Wash hands vigorously and count to 10
- ▶ Rinse hands well and count to 10
- ▶ Turn off the tap with a piece of paper
- ▶ Dry hands well with paper towel, a dryer or your own cloth

When to wash hands



- ▶ On arrival
- ▶ Before handling food
- ▶ Before eating
- ▶ After changing a nappy
- ▶ After going to the toilet
- ▶ After cleaning up faeces or vomit
- ▶ After playing outside
- ▶ After wiping a nose
- ▶ Before going home