

ONE CLEAN HAND PROTECTS ANOTHER

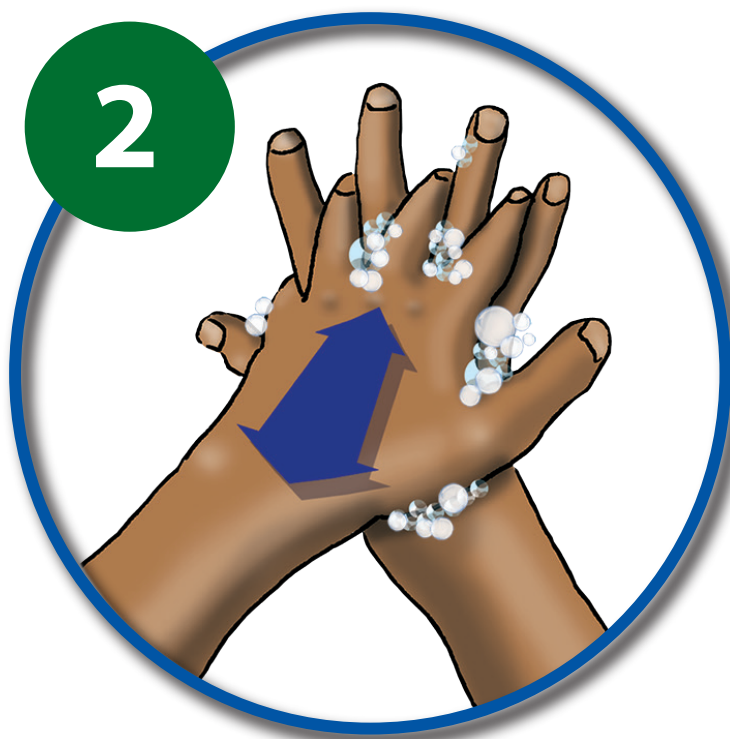
WASH HANDS

PRACTICE THE 6 STEPS OF HANDWASHING TO PROTECT YOURSELF FROM GERMS

Wet your hands under clean running water and apply soap.



Rub your
palms together



Rub your fingers and
palms and spaces
between them



Rub your fingers
and thumbs



Rub your nails
and palms



Rub your thumbs
in your palms



Rub your fingers
in your palms

Dry your hands thoroughly with a paper towel or clean towel.

IMPORTANT:

Always wash your hands with soap and water
or use a 70% alcohol hand sanitizer.



GAUTENG PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA

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