WORLD HAND HYGIENE DAY

Good hand hygiene can help protect us from getting sick. Germs can stick to surfaces that we use everyday like door handles, kitchen counters, the playground at school, our clothes and shoes. When we touch these surfaces the germs can get onto our hands.
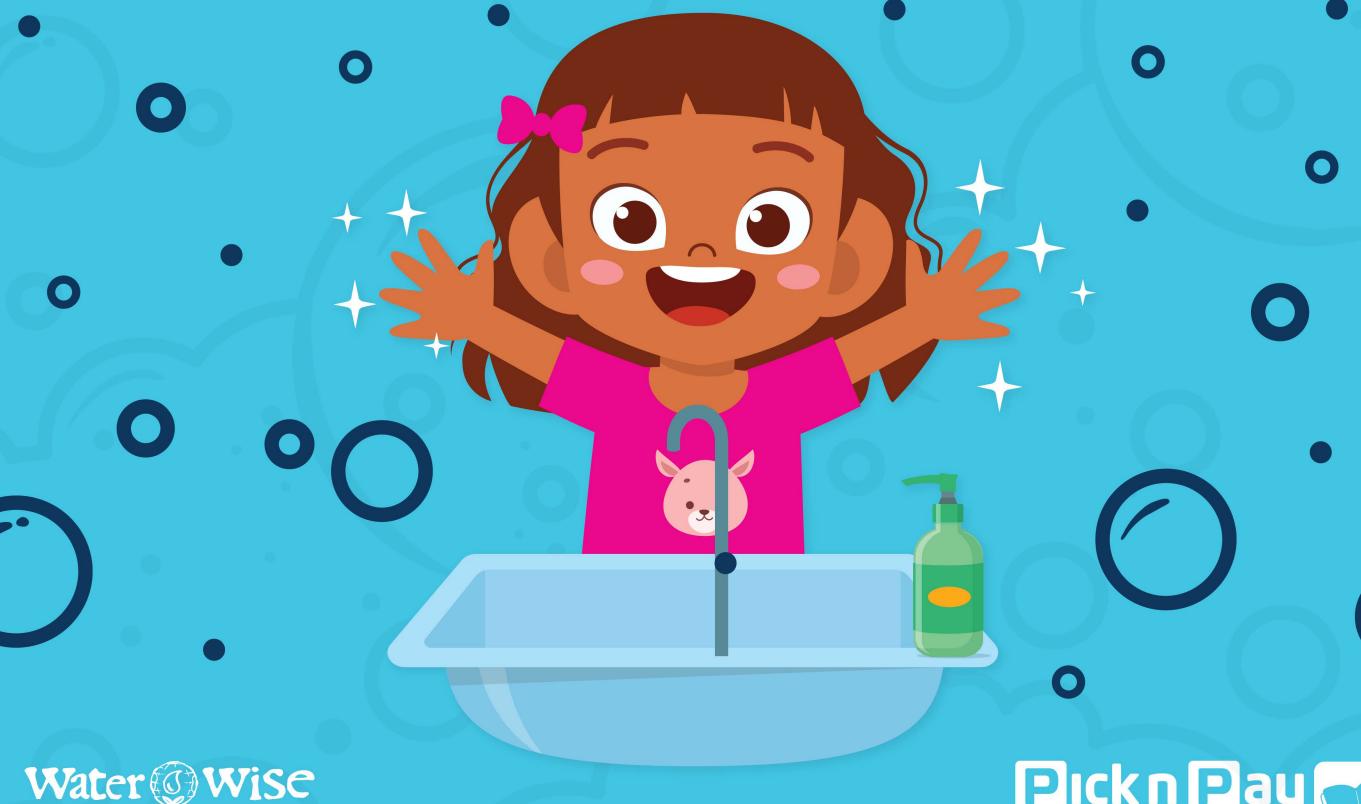
If they are bad germs, when we touch our mouth, nose or eyes with our hands, we can get sick.

One of the best ways to protect ourselves against bad germs is to wash our hands. To wash our hands, we need clean water.

Water is needed everywhere in the world but we must remember to use water wisely. South Africa is a water-scarce country which means we don't have enough water to waste.

WASH YOUR HANDS THE WATER WISE WAY!

You need to wash your hands with soap and clean water. Don't leave the tap running while you wash your hands as it will waste a lot of water.

STEP 1: Place water on your hands - then close the tap.

STEP 2: Rub soap on your hands and lather it on your palms, knuckles, fingers and nails.

STEP 3: Continue to do this while you sing the "Happy Birthday" song twice.

STEP 4: Open the tap and rinse your hands.

STEP 5: Use a clean towel to dry your hands.

REMEMBER TO ALWAYS WASH YOUR HANDS BEFORE YOU EAT, WHEN YOU TOUCH SURFACES, AFTER USING YOUR CELLPHONE, AFTER GOING TO THE TOILET, AND IF YOU HAVE TOUCHED SOMEONE'S HAND/S, PLAYED WITH YOUR ANIMALS OR HAVE BEEN OUTSIDE.

Water Wise
RAND WATER

Pick n Pay
School Club