HOW TO WASH YOUR HANDS

What you need for hand washing
1. Soap or ash
2. Clean running water facility such as tippy tap or water tap placed where everyone can reach. It is better for each home to have more than one hand washing facility: one near the latrine and another near the kitchen.

How to wash hands
To wash your hands clean, use the steps below:

STEP 1
Wet your hands with water.

STEP 2
Put soap or ash on the hands.

STEP 3
Rub the palms, back of hands, between fingers, under finger nails and wrists repeatedly. Give special attention to the area between fingers and under the nails. This is where most dirt is found.
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How to wash hands
To wash your hands clean, use the steps below:

STEP 4
Rinse hands until all the soap or ash is off.

STEP 5
Dry your hands by shaking them dry. Do not use public towels to dry your hands.

Teach all your family members including children about how and when to wash hands with soap to protect them from diseases such as Diarrhea, Typhoid, Cholera and Dysentry.