Our hands constantly touch dirt as we work or interact with other people. You and your family members need to wash hands with soap frequently to prevent diseases such as diarrhea.

Wash your hands with soap:

- After visiting the toilet or pit latrine.
- After cleaning baby's faeces or changing baby's diaper/napkin.
- Before preparing, eating and serving food and after eating.
- After handling blood, raw meat or uncooked eggs.
- After shaking hands.
WASH YOUR HANDS WITH SOAP AND STAY HEALTHY

Our hands constantly touch dirt as we work or interact with other people. You and your family members need to wash hands with soap frequently to prevent diseases such as diarrhea.

Wash your hands with soap

- After sneezing, coughing or blowing your nose
- After handling surfaces that many people touch such as doorknobs
- After touching/ counting money. Think about how many people touch money.
- After touching/ cleaning animals, animal waste or garbage.

WASH YOUR HANDS WITH SOAP AND STAY HEALTHY

Ministry of Health
The Republic of Uganda

World Health Organization
Uganda Red Cross Society
UNICEF