



Handwashing with soap prevents diarrhoea, as well as skin diseases, eye and intestinal worm infections. **Always wash your hands!**

Hands must be washed with soap:

After using the toilet or change baby's diapers (or to have had any contact with human feces, especially babies and children)

Before handling food

How to correctly wash your hands?

1. WET

Just enough water to cover your hands

2. LATHER

For 20 seconds with the tap closed.

3. RINSE

With running water. (For 8 seconds).

4. DRY

Thoroughly with a towel. Use the paper towel to turn off the faucet.

Sources:

<http://www.globalhandwashing.org/ghw-day>
http://www.who.int/gpsc/media/how_to_handwash_lge.gif