# Hand Hygiene

Wash your hands as often as you can, but especially:

- After using the toilet or changing nappies.
- Before preparing or eating food.
- After caring for the sick.
- After touching frequently touched public surfaces like door handles, ATM keypads and taxi seats.
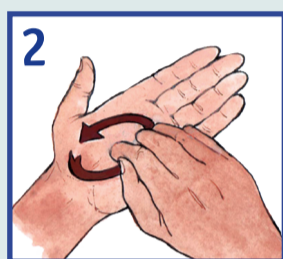
How to wash your hands

- Use these steps to wash your hands for at least 20 seconds.
- Roll up your sleeves, rinse hands in clean water and apply soap to palm of hand.
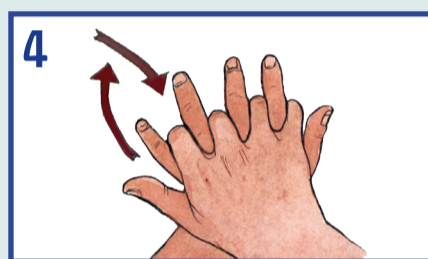
20 seconds
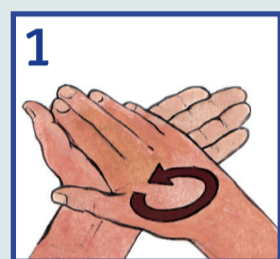
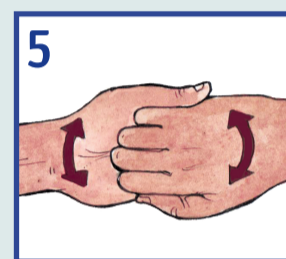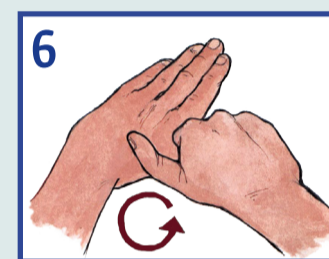| 1	2	3	4	5	6
Rub palms together.	Rub tips of nails against palm. Swap hands.	Rub fingers between each other.	Place one hand over back of other, rub between fingers. Swap hands.	Grip fingers and rub together.	Rub each thumb with opposite palm. Swap hands.

- Rinse your hands with clean water and dry on paper towel or allow to dry on their own.
- If you have hand sanitiser use it if your hands are not dirty and only if you have no soap and water.

If you don't have running water in your home, make a hand washing container

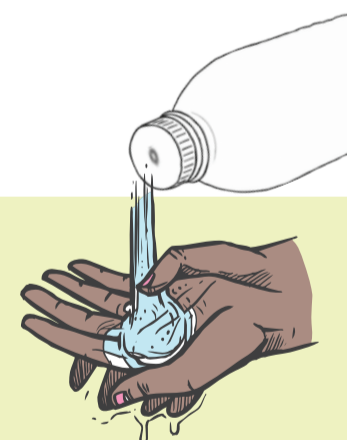| 1	2	3	4	5	6
Make a hole in the lid of an empty plastic bottle.	Fill the bottle with water.	Screw on the lid.	Wet hands with a little bit of water.	Wash your hands following the steps above.	Rinse your hands and the bottle.

Don't touch your face with unwashed hands.

Western Cape COVID-19 Hotline **080 928 4102** (tollfree)

STAY SAFE

MOVE FORWARD

Western Cape Government