

## No soap? No safe and clean water? Handwashing is still possible



It's always best to wash your hands with soap and water for at least 40 seconds – but if you don't have access to safe and clean water and regular soap, there are alternatives.

### WATER

Safe and clean water is best, but if you need to save it for drinking, then you can use:



Drained rice water

Clean river or sea water



Laundry, hair washing or dish washing water

Water from boiled vegetables



### SOAP

Lots of alternatives – from plants or minerals to other consumer products can be used:

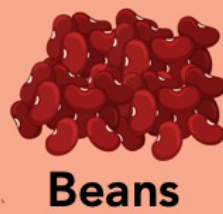
Coffee grounds



Salt



Marigold



Beans



sand



Guarana

Coconut husk



Ash



Thyme



Body soap, shampoo and liquid dish soap can also be used



### RUBBING

To clean your hands, you must rub them together with water and soap or an alternative to soap.



## STEPS FOR HANDWASHING

1



Wet hands with water or recommended alternative

2



Rub hands together with soap or recommended alternative (40-60 secs / no need for water while rubbing)

3



Rinse hands with water

4



Dry hands with a clean, dry cloth (towel/ sheet/old clothes). Wash the cloth frequently.