

Keep your hands clean

WASH YOUR HANDS PROPERLY



Steps



1 Lather hand with soap



2 Rub your palms



3 Rub each finger and between fingers



4 Scrub nails on palms



5 Rub back of hands and between fingers



6 Wash hands with sufficient clean water



7 Dry hands with clean cloth or tissue

Practice washing hands:

- After using the toilet
- Before eating
- Before and while preparing food
- When you touch raw food materials, contaminated surfaces; your face, nose, ears or other parts of the body
- Whenever your hands are dirty

**Clean hands can prevent disease.
The choice is in your hands**



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