

How to wash hands

- **Wet your hands thoroughly with clean water and use soap**
- **Rub palms together to scrub**
- **Rub between fingers**
- **Rub the back of your hand**
- **Clean underneath your nails**
- **Wash your wrist**
- **Rinse hands thoroughly with clean water and then dry your hands**



health

Department:
Health
REPUBLIC OF SOUTH AFRICA