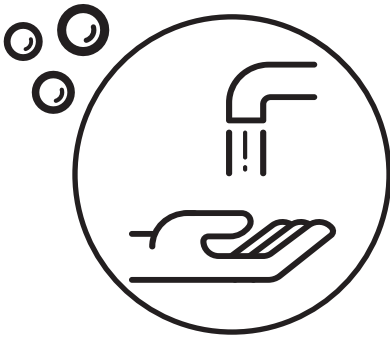


6 steps of HAND WASHING



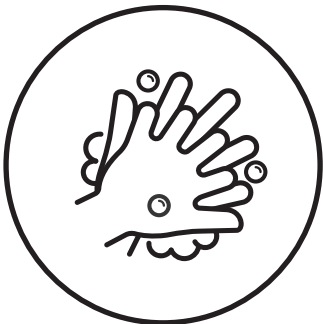
1. Wet both hands with clean water



2. Add soap to fully cover hands



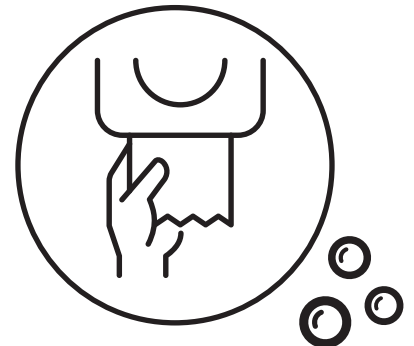
3. Rub all parts of hands for 20 SECONDS



4. Scrub between fingers & under fingernails



5. Rinse off soap with water



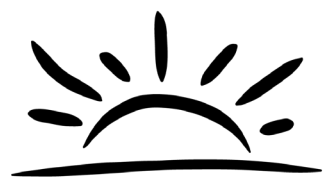
6. Dry hands with air or with a CLEAN towel

BEFORE Cooking • Eating • Helping a baby or sick person

AFTER Cooking • Eating • Using the toilet • Blowing your nose • Coughing or sneezing near your hands • Touching ANY public surfaces (especially shopping or transportation) • Helping a baby or sick person

WHY? Keeping our hands clean prevents the spread of viruses, bacteria, and diseases in our community! Everyone touches dangerous germs many times per day. Even if **YOUR** health is strong, spreading germs on your hands can put many other people at risk.

**Keep Our
Community Healthy!**



The Kesho Fund

For more free educational materials, visit
www.keshofund.org/library

source of info: CDC.gov