WASHING HANDS PROPERLY

- **Step 1:** Wet hands with safe running water.

- **Step 2:** Apply enough soap to cover wet hands.

- **Step 3:** Scrub all surfaces of the hands – including backs of hands, between fingers and under nails – for at least 20 seconds.

- **Step 4:** Rinse thoroughly with running water.

- **Step 5:** Dry hands with a clean, dry cloth, single-use towel or hand drier as available.

**Please Note:**

- Wash your hands often, especially before and after eating; after blowing your nose, coughing, or sneezing; going to the bathroom/toilets/latrines and whenever your hands are visibly dirty.

- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water, if hands are visibly dirty.