

Maintaining good hand hygiene

Why must we wash our hands?

Washing our hands with soap and water and cleaning our hands with a sanitiser can help stop the spread of COVID-19, the deadly new disease caused by the new Coronavirus. Since we use our hands to eat and touch our faces, they are one of the main ways in which the new Coronavirus can enter our bodies. So, keeping our hands clean by maintaining good hand hygiene is one of the most effective ways to prevent the spread of the disease.

When must we wash our hands?

- After fetching water and before handling drinking water
- Before and after preparing food
- Before we eat any food or feed children
- After using the toilet
- After changing nappies or coming into contact with urine or faeces
- After handling animals
- Before and after giving care to a sick person
- After wiping or blowing nose
- After contact with blood or any bodily fluid.

How to wash hands

Wet your hands and wash thoroughly with soap for 20 seconds. Use a nail brush to clean under your nails if they are very dirty.

Dispose the dirty wastewater after every wash. Do not dispose wastewater on food gardens or lawns, dispose it in a soakaway pit in your yard.

