

Handwashing: The Correct Way



1. Wet Your Hands



2. Apply Soap



3. Lather Your Hands



4. Scrub for at Least 20 Seconds



5. Rinse Thoroughly



6. Dry Your Hands



7. Turn Off Tap Properly

Fun Fact: According to experts, without getting a vaccine, the single most important thing you can do prevent getting the flu, is wash your hands.

How to maintain good hand hygiene:
Wash your hands:

- Before eating or preparing food
- After using the restroom
- After coughing, sneezing, or touching your face
- After touching surfaces in public places

Consistent hand hygiene is crucial in maintaining personal and public health.

Encourage others, especially children, to follow these handwashing steps.