

HANDWASHING

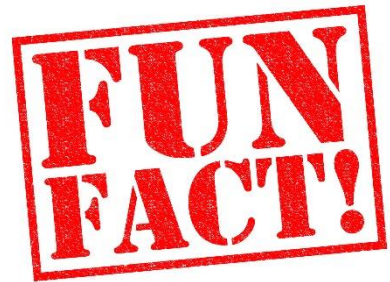


Five Proper Steps to Handwashing

1. W _____
2. L _____
3. S _____
4. R _____
5. D _____

When you should wash your hands?

- ✓ Before, during, and after preparing food
- ✓ Before eating food
- ✓ Before and after caring for someone who is sick
- ✓ Before and after treating a cut or wound
- ✓ After using the toilet
- ✓ After changing diapers or cleaning up a child who has used the toilet
- ✓ After blowing your nose, coughing, or sneezing
- ✓ After touching an animal, animal feed, or animal waste
- ✓ After handling pet food or pet treats
- ✓ After touching garbage



- ❖ Handwashing using soap and water reduces bacteria from 100% to 8%
- ❖ Sing twice of the happy birthday songs while you wash your hand with soap