How and when to wash your hands

1. Wet your hands with treated water.
2. Lather thoroughly with soap. Cover all the skin on your hands. Clean under your nails.
3. Rinse hands with treated water.
4. Dry your hands with a clean towel. No towel? Rub your hands together and let them air dry.

Wash your hands:
- Before you eat or prepare food.
- Before feeding other people.
- After cleaning your child’s bottom.
- After going to the toilet.
- After taking care of someone ill with diarrhea.