

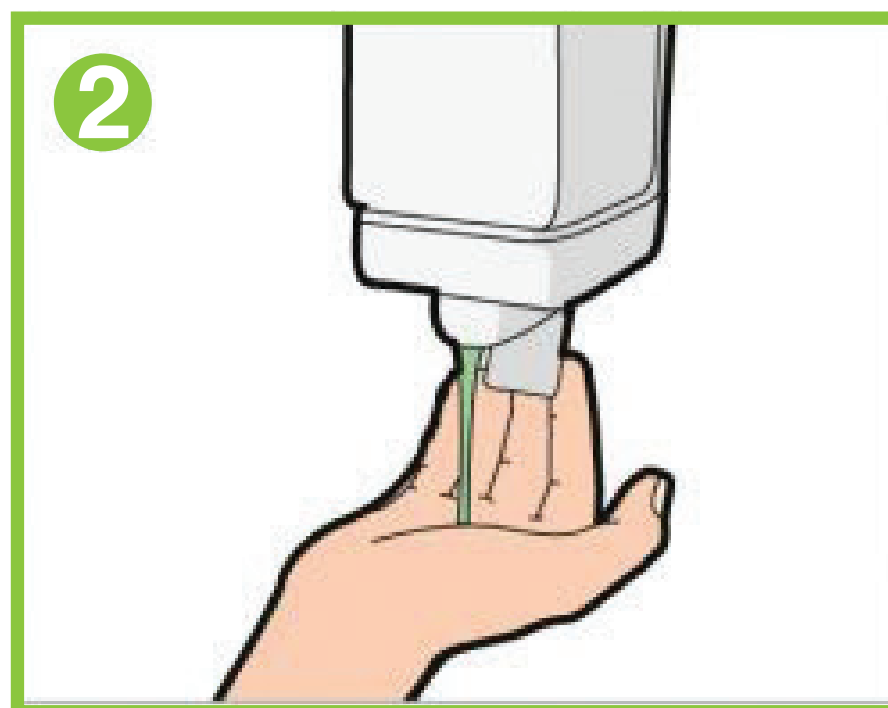
# HAND HYGIENE



- Regular washing of hands minimises the ingestion of bacteria and transfer of infection from one person to the other.
- Wash your hands –
  - after visiting the toilet;
  - before handling and preparing food and after eating; and
  - after using your hands to cough or sneeze.



**Wet your hands with clean water and apply soap.**



**Wash your hands thoroughly, rub the back of the hands, and clean the fingers and in between.**



**Rinse off with clean water.**



**Dry hands. Throw the paper towel, if used, in the bin.**

**Take care of your hands.  
They may transmit infections.**



[www.tshwane.gov.za](http://www.tshwane.gov.za)

