



MAINTAINING GOOD HAND HYGIENE

HOW HANDWASHING PREVENTS THE SPREAD OF COVID-19



- Keeping our hands clean by maintaining good hand hygiene is one of the most effective ways to prevent the disease.
- The Coronavirus can spread from your hands to your nose and mouth.
- Washing with soap and water destroys the fatty outer layer (envelope) of the Coronavirus, causing it to fall apart.



HOW TO WASH YOUR HANDS

- Use any regular soap and wash your hands for 20 seconds.
- Ensure the soap gets all over your hands and forearms.
- Rinse well after washing for 20 seconds.



HAND SANITISER

USE HAND SANITISER IF YOU DON'T HAVE ACCESS TO WATER AND SOAP

- Alcohol-based hand sanitiser (between 60% and 70% alcohol).*
- Make your own if you can't buy any by mixing a mild chlorine solution (add 290 ml of unscented bleach to 20 litres of clean water).

DO NOT DRINK CHLORINE WATER

**Sanitisers with more than 70% alcohol can damage skin.*

WHEN SHOULD YOU WASH YOUR HANDS



- After fetching water and before handling drinking water.
- Before and after preparing food.
- Before eating or feeding 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 your nose.
- After contact with blood or any bodily fluid.

HOW TO MAKE WATER CLEAN AND SAFE FOR USE



MAKE WATER CLEAN BY

- Filtering the water through a clean cotton cloth if the water is dirty to remove any solids.
- Boiling water for 1 minute.
- Exposing filtered water to sunlight (6 hours or 2 days if it is cloudy).
- Disinfect it using bleach (1/2 teaspoon of bleach like Jik™ to 15 litres of clear filtered water).



HOW TO CLEAN AND DISINFECT A WATER CONTAINER

- Wash the container everyday with hot water and soap.
- Disinfect container (mix 2 tablespoons of bleach like Jik™ in one litre of clean water).
- Wet a clean cloth and wipe the surfaces.
- Leave to dry.



USE A WATER CONTAINER

- A plastic bucket with a lid or water can with a tap.
- A basin to collect wastewater.
- Make a 'Tippy Tap' (make a hole in the bottom of a plastic bottle, and insert the tube of a plastic pen in the hole).