

# Handwashing



Did you know washing your hands with soap and water is one of the most effective ways to keep yourself and those around you healthy?

Using **warm or cold water** with **any type of hand soap** is effective.

Make sure to scrub all parts of your hands for **at least 20 seconds** for the best results.

**Soap & water** is often much more effective against germs than hand sanitizer, and far more gentle on your skin.



## When to Wash?

- When hands are visibly dirty
- After using the toilet or changing a diaper
- After coughing or sneezing
- Before eating
- After working / playing outdoors
- Before & after treating a wound
- While caring for the sick
- Before & after cooking food
- After taking out garbage
- After using harsh chemicals