COVID-19
WASH YOUR HANDS

FIVE STEPS TO WASH YOUR HANDS THE RIGHT WAY

1. WET HANDS
WET YOUR HANDS WITH SAFE, RUNNING WATER

2. USE SOAP
APPLY SOAP TO YOUR HANDS

3. SCRUB HANDS
SCRUB YOUR HANDS FOR AT LEAST 20 SECONDS. BE SURE TO SCRUB THE BACKS OF YOUR HANDS, BETWEEN YOUR FINGERS, UNDER YOUR NAILS AND AROUND YOUR THUMB.

4. RINSE HANDS
RINSE YOUR HANDS WELL UNDER CLEAN, RUNNING WATER.

5. DRY HANDS
AIR DRY YOUR HANDS OR USE A TISSUE. THROW THE TISSUE IN A BIN.

Thank you to the Zambia Ministry of Health