THE REPUBLIC OF UGANDA
MINISTRY OF HEALTH

IN THE COMMUNITY
Always wash your hands with soap and clean running water

ALWAYS WASH YOUR HANDS BEFORE PREPARING FOOD AND EATING FOOD

ALWAYS WASH YOUR HANDS BEFORE FEEDING OR BREASTFEEDING A BABY

ALWAYS WASH YOUR HANDS AFTER CLEANING A BABY'S BOTTOM

ALWAYS WASH YOUR HANDS AFTER USING THE TOILET

ALWAYS WASH YOUR HANDS AFTER HANDLING RUBBISH OR ANIMALS

german cooperation
DEUTSCHE ZUSAMMENARBEIT

giz Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH

Hands to be proud of

SANITATION FOR MILLIONS

THE REPUBLIC OF UGANDA
MINISTRY OF HEALTH

AT SCHOOL
Always wash your hands with soap and clean running water

TOILETS

INCINERATOR
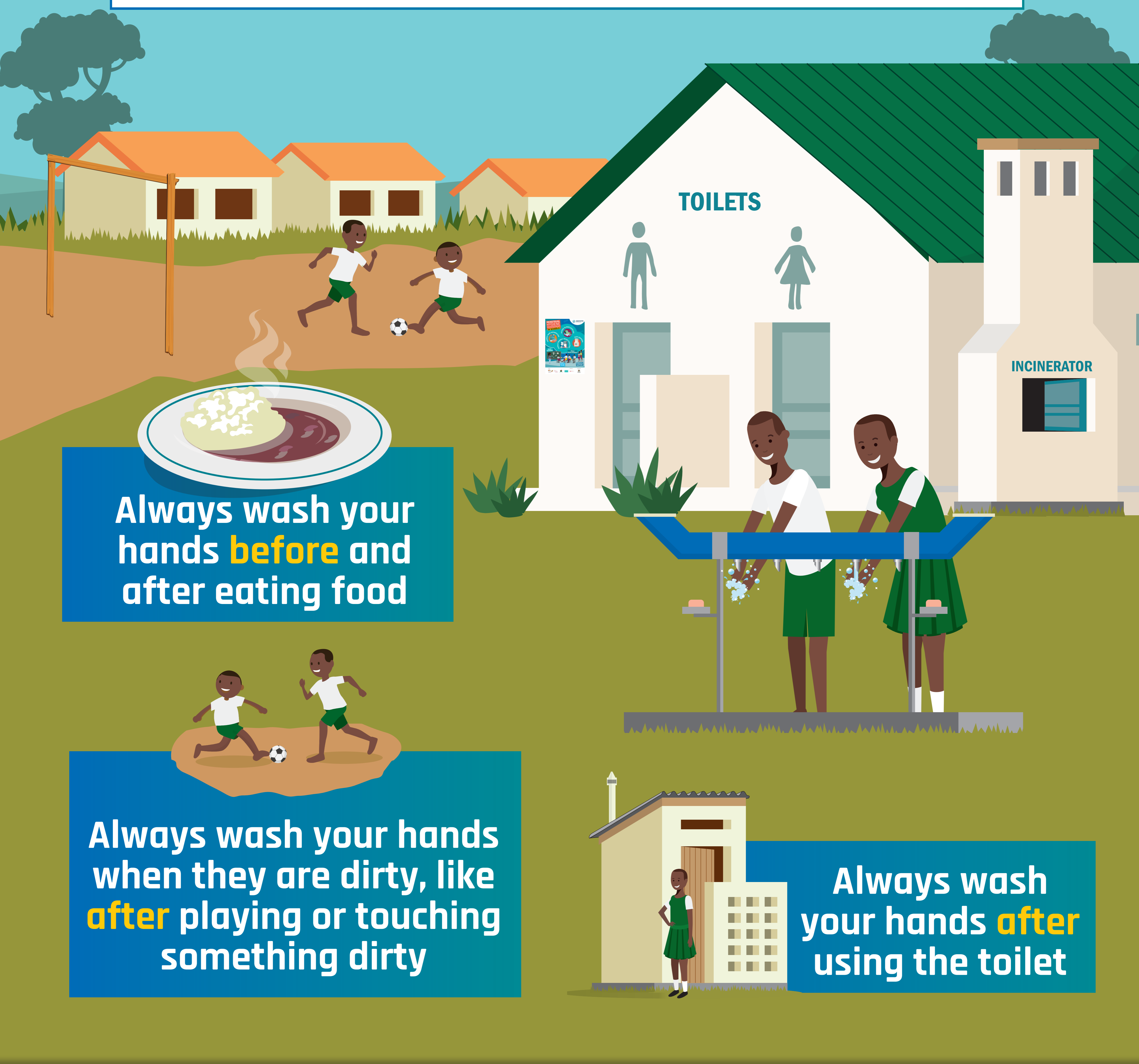
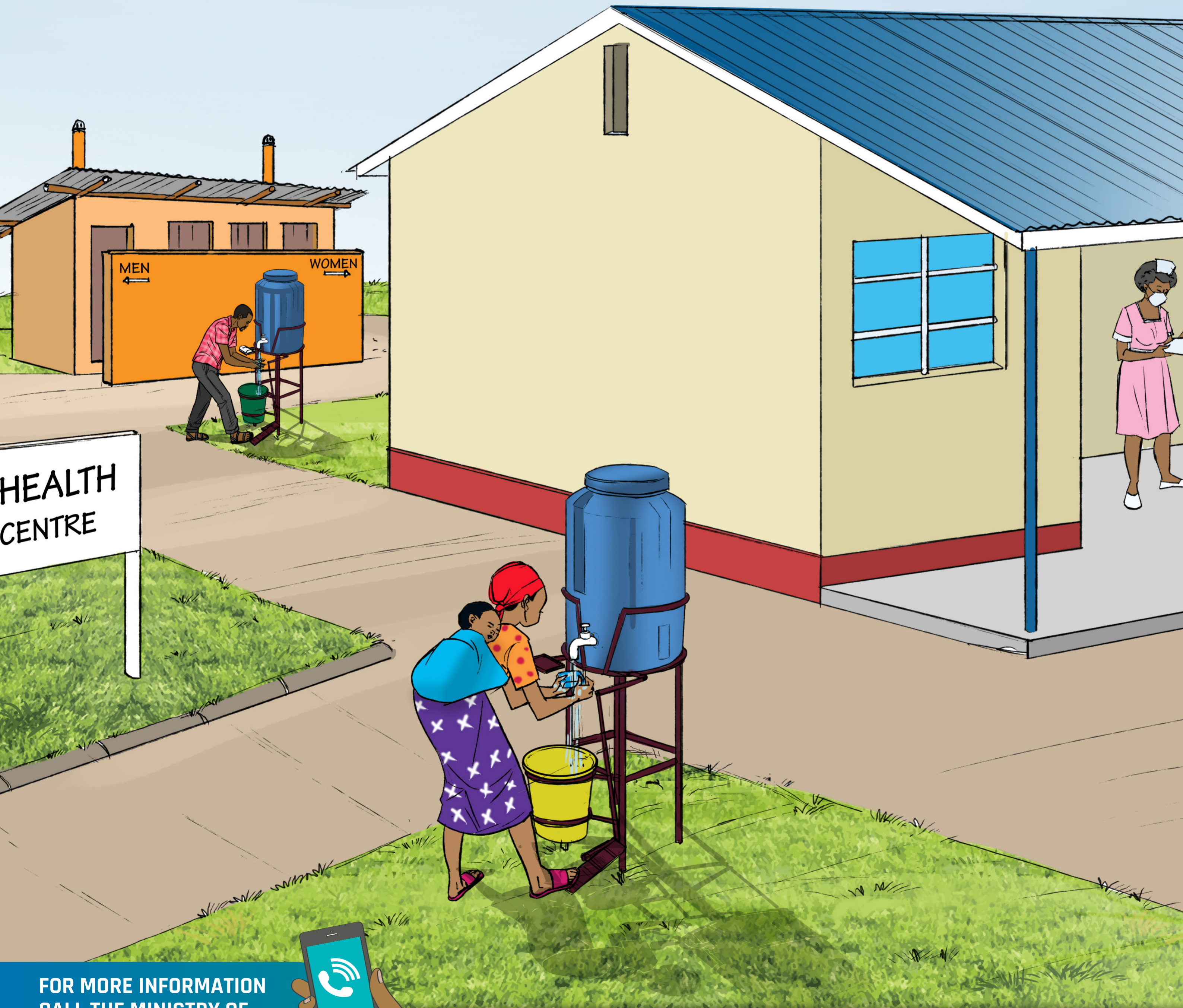Always wash your hands **before** and after eating food

Always wash your hands when they are dirty, like **after** playing or touching something dirty

Always wash your hands **after** using the toilet
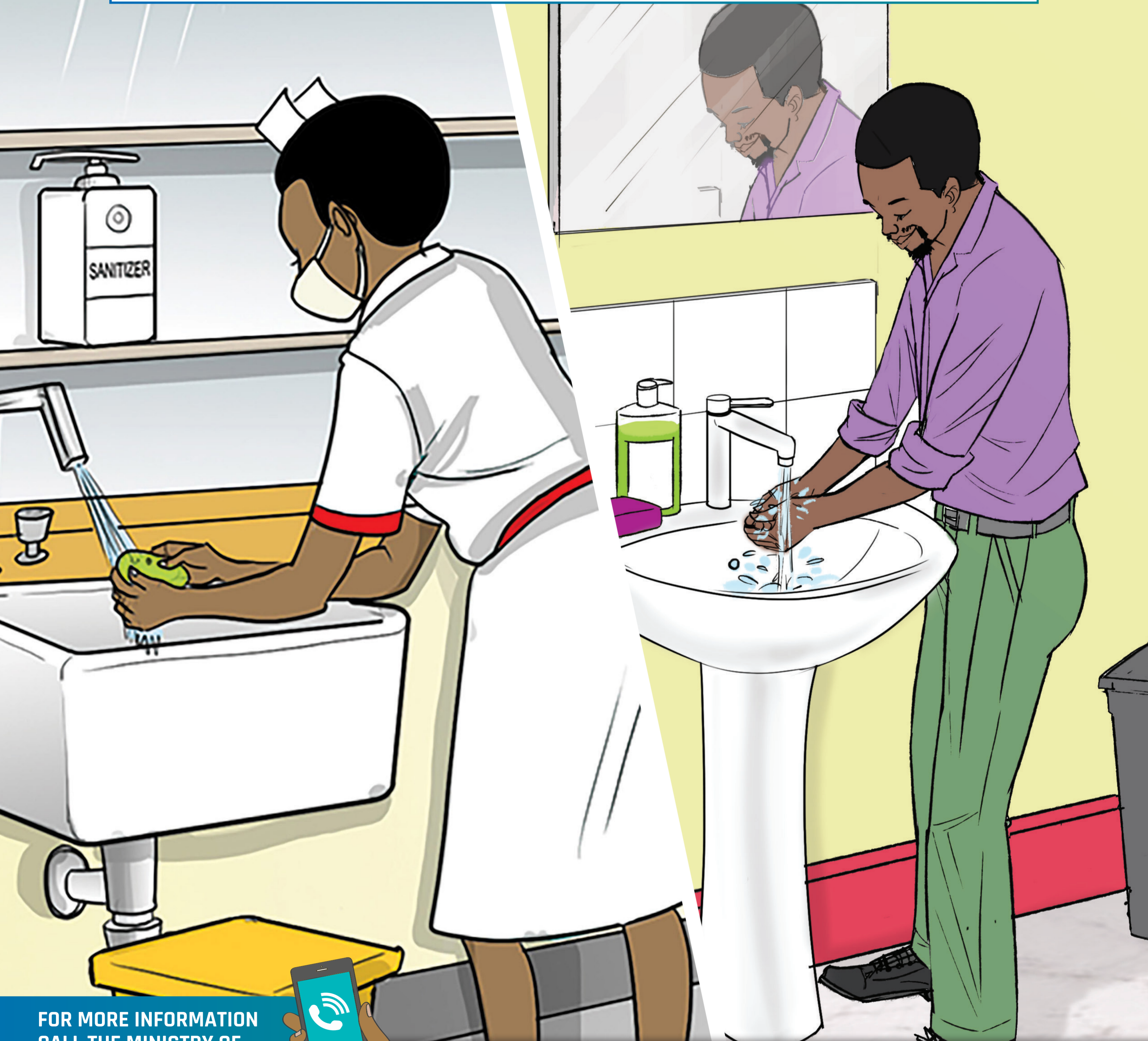
THE REPUBLIC OF UGANDA
MINISTRY OF HEALTH

WASH YOUR HANDS WITH CLEAN RUNNING WATER AND SOAP TO STAY HEALTHY

FOR MORE INFORMATION CALL THE MINISTRY OF HEALTH TOLL FREE LINE ON

0800 100 066

www.health.go.ug

german cooperation DEUTSCHE ZUSAMMENARBEIT

giz Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH

Makerere University College of Health Sciences **SCHOOL OF PUBLIC HEALTH**

SANITATION FOR MILLIONS

STEPS FOR WASHING HANDS

It is important to wash your hands thoroughly with soap for at least 20 seconds to prevent and eliminate germs and diseases.

1 Wet hands thoroughly with water

2 Apply soap to your hands properly

3 Rub the palms together

4 Rub the palm of one hand on the back of the other hand. Repeat the same process with the other hand

5 Clean the fingers of both hands by rubbing them together.

6 Clean the palm of the other hand with the fingers closed

7 Clean both thumbs alternatively by holding the palm

8 Fold the fingers and clean the palm by rubbing it in a circular motion

9 Wash your hands thoroughly for at least 20 seconds under running water

10 Air dry your hands thoroughly before using anything

Messages

OUR CLEANLINESS
OUR HEALTH

Children are washing their hands together

Teachers and students are sweeping the school together

Girls are cleaning their school

Children are cleaning their neighborhood

The boy is brushing his teeth

The girls are washing their hands together

The girls are washing their hands together in school

The girls are cleaning the streets of their schools

The girls are demonstrating handwashing in the school assembly

Girls are cleaning in school

Children are happily showing their clean hands after washing

Children are cleaning the schoolyerd together

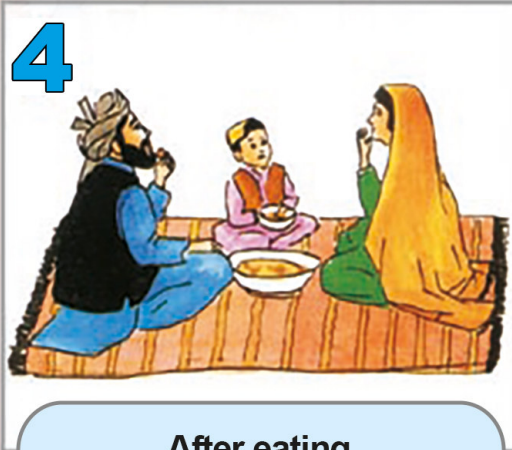**Children are throwing garbage in the dust bin**

ALWAYS WASH YOUR HANDS WITH SOAP

WHEN IT'S IMPORTANT TO WASH YOUR HANDS

7 Before breastfeeding the baby

1 Before cooking food

4 After eating

8 After playing

2 Before kneading the dough

5 Before and after feeding children

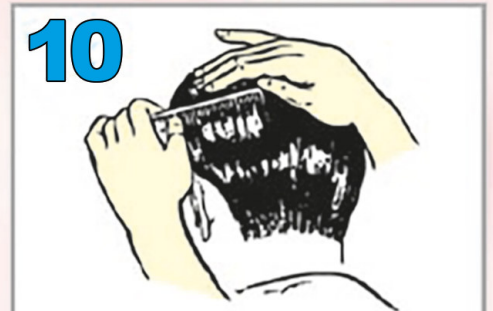**9** After cleaning the house

3 Before eating

6 After using the toilet

10 After combing your hair

11 After touching or feeding animals

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