

HANDWASHING 101

Proper handwashing is a simple but highly effective way to prevent the spread of respiratory illnesses, including COVID-19, the flu, and the common cold. Here are the steps for proper handwashing:



WET YOUR HANDS

- Use clean, running water (warm or cold).
- Make sure your hands are thoroughly wet before applying soap.



APPLY SOAP

- Use enough soap to cover all surfaces of your hands.
- Lather both the front and back of your hands, between your fingers, and under your nails.



SCRUB FOR AT LEAST 20 SECONDS

- Scrub your hands together for at least 20 seconds. You can count to 20, sing the 'Happy Birthday' song twice, or choose another method to time yourself.
- Don't forget the back of your hands, between your fingers, and under your nails.



RINSE YOUR HANDS

- Rinse your hands well under clean, running water.
- Make sure to remove all the soap from your hands.



DRY YOUR HANDS

- Use a clean towel or air dry your hands.
- If possible, use a towel to turn off the tap to avoid re-contaminating your hands.

TIP: If soap and water are not available, use a hand sanitiser that contains at least 60% alcohol.

Please note: This information does not replace the advice of your healthcare provider and is intended for education purposes only. Please consult your doctor should you have any concerns or need more support.

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