



Republic of Botswana

Ministry of Health and Wellness

ALWAYS **WASH YOUR HANDS** **WITH SOAP AND CLEAN WATER**

Steps on washing your hands to kill germs.



1. Wet hands with clean running water.



2. Apply enough soap and rub your hands palm to palm.



3. Rub your hands in and around fingers.



4. Rub back of each hand with palm of other hand.



5. Rub fingertips of each hand in opposite palm.



6. Rub each thumb clasped in opposite hand and vice versa.



7. Rinse hands with running water.



8. Use paper towel or tissue to turn off the tap and dispose it off.



9. Use a clean paper towel or tissue to dry your hands.



10. Dispose the paper towels in the dustbin.



11. Your hands are now clean.

Ministry of Health & Wellness
Toll Free: 0800 600 740
Te: 3170 585/363 2500

Vision: A Healthy Nation by 2023

Values: Customer Focus, Botho, Timeliness, Equity, Teamwork, Accountability.