

HAND WASHING

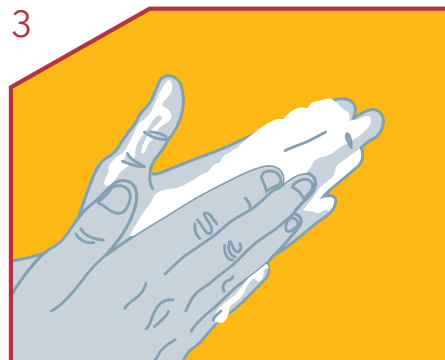
Hand hygiene with soap and water



1
Remove jewellery. Wet your hands with clean, running water (warm or cold) and turn off the tap.



2
Add soap to palm.



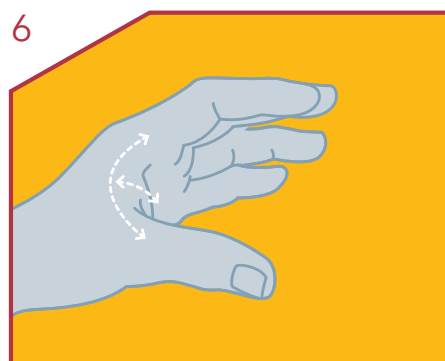
3
Rub hands together to create a lather.



4
Cover all the surfaces of the hands and fingers.



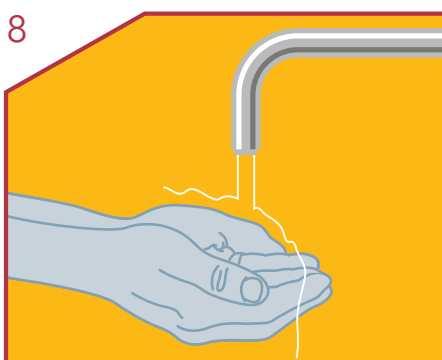
5
Clean knuckles, back of hands and fingers.



6
Clean the space between the thumb and index finger.



7
Work the finger tips into the palms to clean under the nails.



8
Rinse your hands well under clean, running water and turn off the tap.



9
Dry your hands using a clean towel or air-dry them.

**Minimum wash time:
20 seconds**

Contact the 24/7 hotline at 021 928 4102.
For more information go to
www.capetown.gov.za/coronavirus

Wash your hands. Keep your distance.



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