

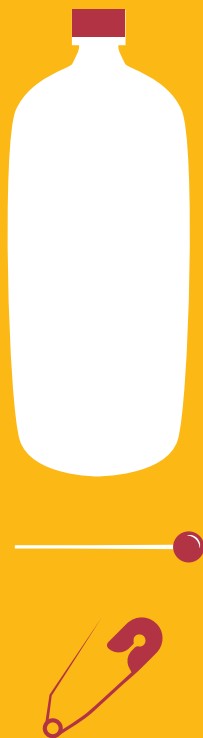
HOW TO MAKE AND USE THE 'SQUEEZY BOTTLE 2'

For water-saving hand washing.

STEP 1: YOU WILL NEED:

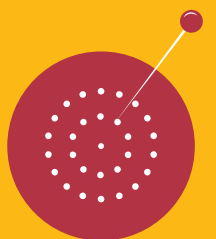
A clean plastic bottle, with a cap (at the top) that closes tightly. It can be any size bottle, from 500 ml up to 2 litre. A soft plastic cap is best, but it can also work with hard plastic caps.

A pin or needle to make small, fine holes. It can be a safety pin or sewing pin/ needle.



STEP 2: MAKE SMALL HOLES IN BOTTLE CAP

- Pierce a hole in the centre of the cap, using the pin (or needle).
- Make about 7 holes in a circular ring quite close around the centre hole, and then another ring around that one of about 11 holes.
- Don't make holes close to edges of the cap, to avoid the water spraying out too wide.



STEP 3: TEST THE SPRAY

- Fill the bottle with clean water and put the top on.
- Turn the bottle upside down and press gently.
- The water should flow out in a fine spray. Just over hands where it is needed, so there is no wastage or mess.



STEP 4: STOP-START HANDWASHING

- Ask someone to wet your hands with the spray.
- Then turn the bottle upright again to stop the water flow.
- Wash your hands for at least 20 seconds using soap, so the soap can disinfect properly.
- Then rinse with the water spray again.
- Dry with a clean towel or paper towel, or just shake dry.



IMPORTANT:

- Do not use a drawing pin, knife, fork, drill, nails, screw, or screwdriver. The holes will be too big, and the spray won't work well.
- Make sure the bottle is cleaned properly before you use it. Do not use bottles that contained chemicals or other harmful substances like paraffin, bleach, etc. Rinse and change water every second day. Keep the bottle out of sunlight.
- Use only clean, cold water. Do not fill with soap or detergents.

For short demonstration videos and other water-smart ways of washing hands, like the Tippy Tap and original Squeezy Bottle methods, see: www.capetown.gov.za/coronavirus

Wash your hands. Keep your distance.