

HAND WASH FOR THE PUBLIC



UKUHLANZWA KWEZANDLA KOMPHAKATHI

Wet hands



Manzisa izandla

**Apply soap
to hands**



**Gcoba insipho
ezandleni**

**Wash all
surfaces
of hands**



**Geza
izandla
nxazonke**

Rinse hands



Hlamba izandla

**Dry well
with
paper towel**



**Zomise kahle
ngethawula
lephepha**

Always wash hands

- Before:
- cooking and handling food
 - feeding children and eating
- After:
- going to the toilet
 - changing baby's nappy

Ngasosonke isikhathi geza izandla

- Ngaphambili:
- kokupheka nokuphaka ukudla
 - kokufunza ingane noma udle
- Ngemuva:
- kokusebenzisa indlu yangasese
 - kokushintsha ingane inabukeni