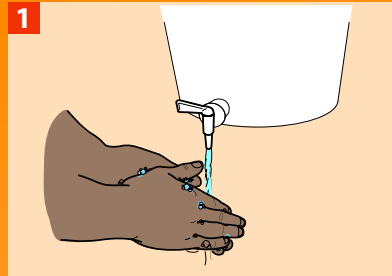
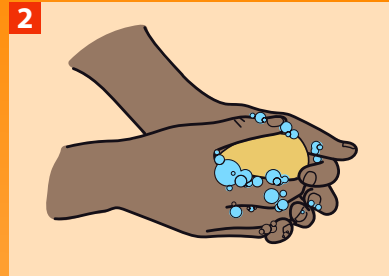


Hand Washing

Wash hands with soap and water for 20-30 seconds. If hands are dirty, wash hands with soap and water, not with hand sanitizers, for 40-60 seconds. Use hand sanitizer or chlorinated water, if soap and water are not available.



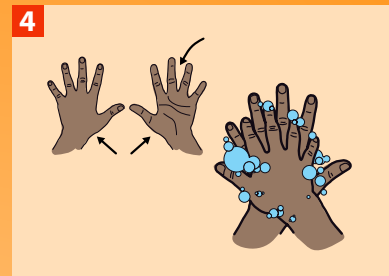
1 Wet hands with water.



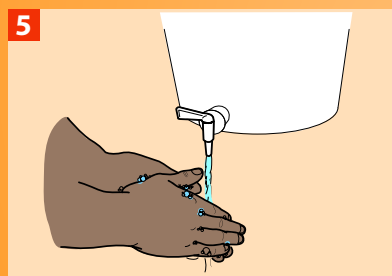
2 Apply enough soap to cover all hand surfaces.



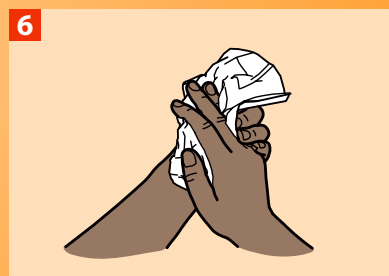
3 Rub hands together and scrub everywhere.



4 Wash the front and back of your hands and in between your fingers.



5 Rinse hands with water.



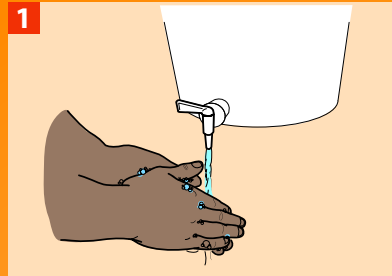
6 Dry hands completely using a single use towel or air dry.

When to Wash Hands

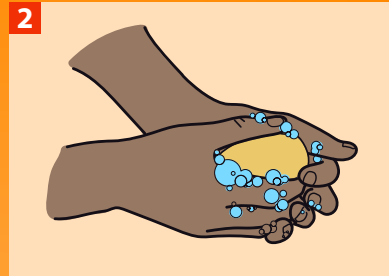
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning a child who has used the toilet
- After blowing your nose, coughing, or sneezing

Kunawa Mikono

Nawa mikono ukitumia sabuni na maji kwa secondes 20-30. Ikiwa mikono ni michafu, nawa mikono ukitumia sabuni na maji kwa secondes 40-60, sio kwa kupanguza désinfectant na mikono. Tumia désinfectant ya mikono ao maji ile wameweka chlore, ikiwa sabuni na maji haziko.



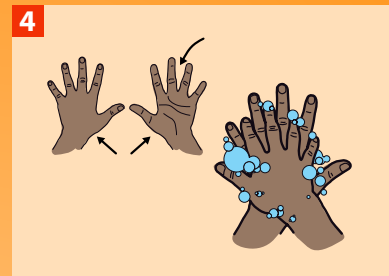
1 Kulowesha mikono na maji



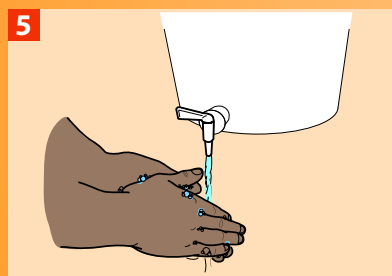
2 Paka sabuni ya kutosha ili ufunike sehemu zote za mikono.



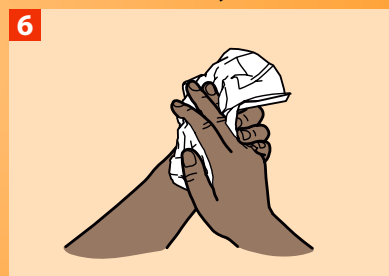
3 Saka mikono pamoja na usukue kila mahali.



4 Nawa sehemu ya mbele na nyuma ya mikono yako na katikati ya vidole vyako.



5 Safisha mikono na maji.



6 Kausha mikono kabisa ukitumia essuie-mains ya kutumia mara moja tu ao tumia hewa kukausha.

Wakati wa Kunawa Mikono

- Mbele, wakati na nyuma ya kutengeneza chakula
- Mbele ya kukula
- Mbele na nyuma ya kusaidia mtu mgonjwa
- Mbele na nyuma ya kutunza kidonda
- Nyuma ya kutumia choo
- Nyuma ya kubadilisha couche ao kusafisha mtoto kish kutumia choo.
- Nyuma ya kupanguza pua, kukohoa ao kuinternuer