

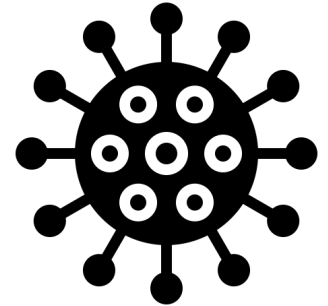
REDUCE YOUR RISK OF COVID-19



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Do's →

How to wash your Hands



It is important not to retouch the faucet (tap) in order to avoid recontamination - which is why using the disposable towel to turn off the faucet is important.

Follow these steps to wash your hands properly:

1. Wet hands with running water.
2. Apply enough soap to cover wet hands.
3. Scrub all surfaces of the hands - including the back of hands, between fingers and under nails - for at least 20 seconds.
4. Rinse thoroughly with running water.
5. Dry hands with a clean paper towel.



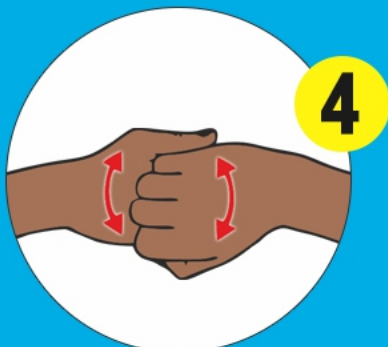
PALM TO PALM



PALM OVER BACK



BETWEEN FINGERS



BACK OF FINGER



BASE OF THUMBS



FINGER NAILS

Covid-19 (Corona) Hotline: 0800 029 999 • WhatsApp Support Line: 0600 123456
Department of Health: www.SAcoronavirus.co.za

Please note that any non-compliance with the set provisions and regulations, may result in disciplinary action whereby summary dismissal may be imposed