



BE 100% SURE

STAY HEALTHY

Practise the **6** steps of handwashing
to protect yourself from germs

Wet your hands under warm running water and apply soap.



Rub your palms together



Rub your fingers and palms
and the spaces in between them



Rub your fingers and thumbs



Rub your nails and palms



Rub your thumbs in your palms



Rub your fingers in your palms

Dry your hands thoroughly with a paper towel or clean towel.



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Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Marketed by: Reckitt Benckiser Pty (Ltd) South Africa, 8 Jet Park Road, Elandsfontein, 1601. 201601-12.
*Healthy Hygiene Habits including Handwashing. Consumer Care Line: 0861 11 11 00.



Hygiene Council

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BE 100% SURE

BLY GESOND

Oefen die **6** stappe vir hande was
om jouself teen kieme te beskerm

Maak jou hande nat onder lopende warm water en sit seep daarop.



Vryf jou handpalms teen mekaar



Vryf jou vingers en palms en
die spasies tussenin



Vryf jou vingers en duime



Vryf jou naels en palms



Vryf jou duime in jou palms



Vryf jou vingers in jou palms

Maak jou hande goed droog met 'n papier handdoek
of skoon handdoek.



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