

Keep Clean STAY HEALTHY

Practice 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 spaces 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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BE 100% SURE

Hlala uhlanzekile UHLEZI UNEMPILO

Yenza lezi zigaba ezingu-6 zokuhlanza izandla ukuze uzivikele emagciwaneni

Manzisa izandla zakho ngamanzi antukuntuku, bese uzigcoba insipho.



Hlikihla izintende yezandla ndawonye



Hlikihla iminwe nentende yezandla nezikhala eziphakathi kwayo



Hlikihla iminwe yakho ndawonye



Hlikihla izinzipho nentende yezandla ndawonye



Hlikihla izithupha zakho entendeni yezandla



Hlikihla iminwe entendeni yezandla zakho

Sulisisa izandla zakho ngethawula elihlanzekile.

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