



**health**

Department:  
Health  
REPUBLIC OF SOUTH AFRICA



## GLOBAL HAND WASHING DAY CAMPAIGN 2022

### HEALTH AND HYGIENE

Wash Your hands with Soap and Clean Water at the following critical times:

- After using the toilet
- After changing babies' nappies
- After handling rubbish/waste material
- After handling raw meat
- Before feeding your baby
- Before preparing food

Always wash your hands after touching your hair, coughing, sneezing, blowing your nose, handling menstrual sanitary pads, before eating and every now and again

### Breaking the cycle of diseases

