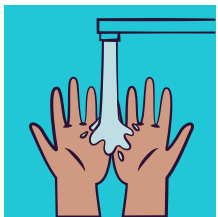




UNIVERSITY OF
KWAZULU-NATAL™
INYUVESI
YAKWAZULU-NATALI

THE IMPORTANCE OF **HYGIENE**

10 STEPS TO WASH YOUR HANDS



WET HANDS



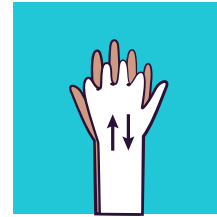
APPLY SOAP



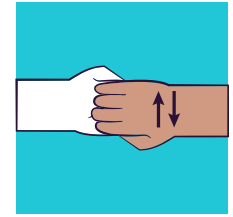
RUB PALMS



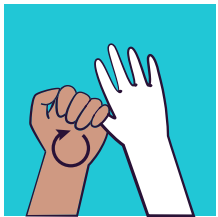
RUB FOR 20 SECONDS



SCRUB BETWEEN
FINGERS



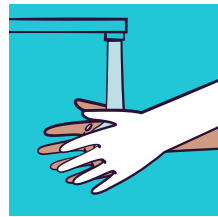
RUB YOUR FINGERS ON
YOUR PALM



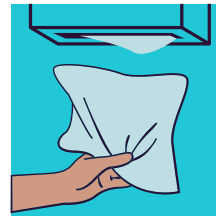
RUB THUMBS



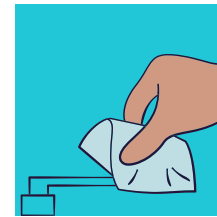
WASH FINGERNAILS
AND FINGERTIPS



RINSE HANDS



DRY WITH
A SINGLE TOWEL

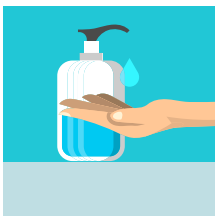


USE THE TOWEL TO
TURN OFF THE TAP



AND YOU ARE DONE

USING HAND SANITISER



TAKE A COIN SIZED
DROP ON YOUR PALM.



SPREAD SANITIZER AND
RUB PALMS TOGETHER.

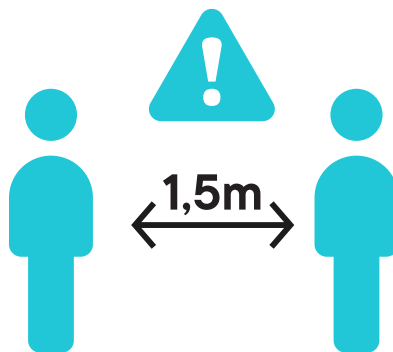


RUB TIPS OF EACH
HAND WITH PALM OF
OTHER HAND.



RUB HANDS TOGETHER
UNTIL THEY ARE DRY.

PHYSICAL DISTANCING



MAINTAIN AT LEAST 1.5 METRE DISTANCE
BETWEEN YOURSELF AND ANYONE

STAYING HOME IF YOU SICK



STAY HOME AND CALL A HEALTH CARE
PROVIDER

IF YOUR SYMPTOMS ARE SEVERE OR YOU
FEEL LIKE YOU NEED MEDICAL CARE, CALL
BEFORE YOU GO TO YOUR HEALTH CARE
PROVIDER. DESCRIBE YOUR SYMPTOMS
OVER THE PHONE.