

Proper handwashing keeps us all healthy

How to wash your hands



Scrub your hands for at least 20 seconds



Wash your hands with soap and running water

When to wash your hands



When caring for sick people



Before, during and after preparing food



After using the toilet



Before eating



After coughing or sneezing



After handling animals or animal waste

Stay informed and prevent the spread of COVID-19. Visit www.discovery.co.za for more information.
*Stay informed. Stay in the **healthy zone**.*