



# Orientation: Session 1

## Handwashing

Proper handwashing is important after you use the washroom, sneeze, cough or blow your nose, touch your hair, face or clothes, handle garbage, and come in from outdoors. It is also important before, during and after handling food and before and after you eat. Ensure proper handwashing between touching foods that may be dirty or need to be cooked and foods that are ready to eat.

Six Steps:

1. Wet your hands under warm running water.
2. Use soap.
3. Lather and scrub for at least 15 seconds.
4. Rinse well.
5. Dry your hands using paper towel.
6. Turn tap off with towel.

## HANDWASHING The 6 Step Method

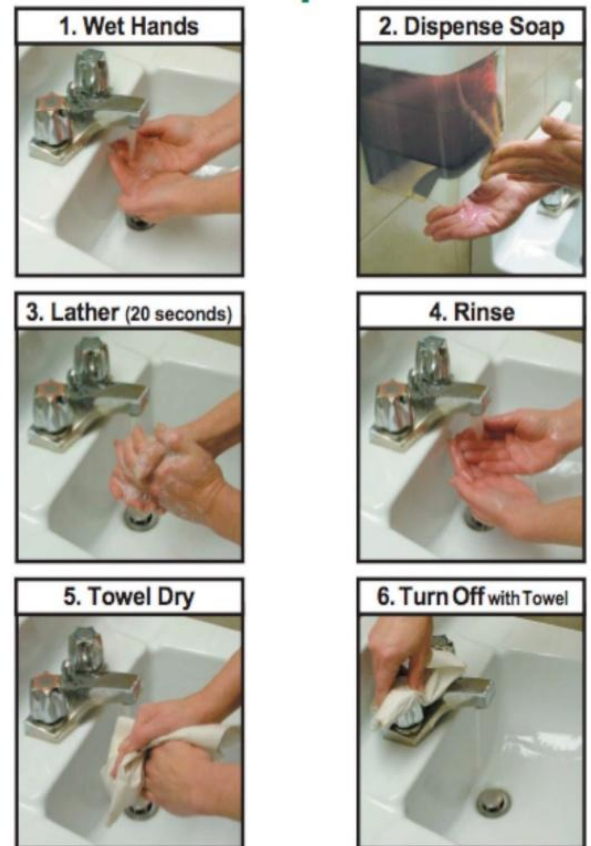


Figure 1 Wash Your Hands