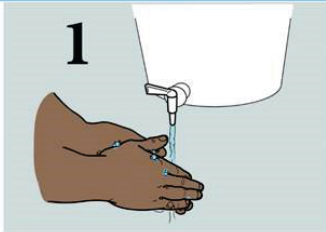


THE PROPER WAY OF WASHING HANDS



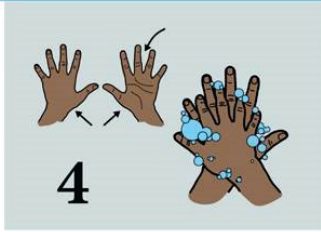
Wet hands with clean water.
Maak hande met skoon water nat.
Manzisa Izandla zakho ngamanzi.



Apply Soap.
Wend seep aan.
Faka isepha.



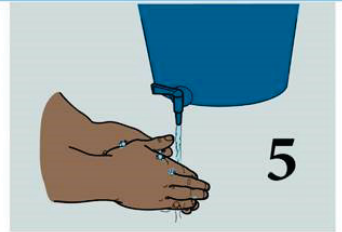
Rub palms against each other.
Vryf handpalms teen mekaar.
Dibanisa imiphakathi yezandla



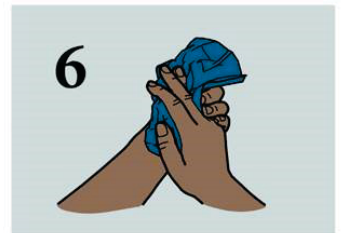
Rub the back of each hand interlaced; rub with back of fingers to the opposing palms; rub each thumb clasped in opposite hand, rub the tips of fingers; rub each wrist with opposite hand.

Vryf die agterkant van die handpalms teen mekaar, met vingers in mekaar gevleg; Vryf handpalms teen mekaar met vingers in mekaar gevleg; Vryf die agterkant van die vingers teen die teenoorgestelde handpalm; Vryf elke duim in die teenoorgestelde handpalm; Vryf die fingerpunte; Vryf elke pols met teenoorgestelde hande.

Hlikihla imiva yezandla ngeminwe; Hlikihla imiphakathi yezandla udinanise iminwe; Hlikihla umphakathi wesandla ngeminwe evalekileyo; Hlikihla ubhontsi wesandla ngasinye uwuvalele ngesandla; Hlikihla intupha zeminwe; Hlikihla isihlahla ngasinye ngesandla.



Rinse with water.
Spoel die hande deeglik met water af.
Hlambulula ngamanzi.



Dry your hands thoroughly.
Droog hande deeglik af.
Yomisa izandla zakho kakuhle.

Remember to show this educational piece to your friends, family and especially, your children!



CLEAN HANDS
ARE SAFER HANDS
Are yours clean?

www.gardenroute.gov.za

