

HOW TO WASH YOUR HANDS



Wet hands
with water



Apply soap



Rub hands
palm to palm



Fingers interlaced
and back of hands



Clean thumbs



Clean fingernails



Rub wrists



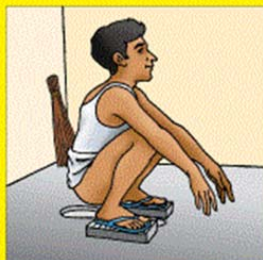
Rinse hands
with water



Dry hands with
a clean towel

Correct way of using a sanitary latrine

First pour
a little
water into
the pan to
make it
wet



Sit across
the pan
and
defecate



After
defecating,
clean
yourself
with
water

Pour
water into
the pan
to flush
down the
excreta



Remember to wash your hands with
soap or ash