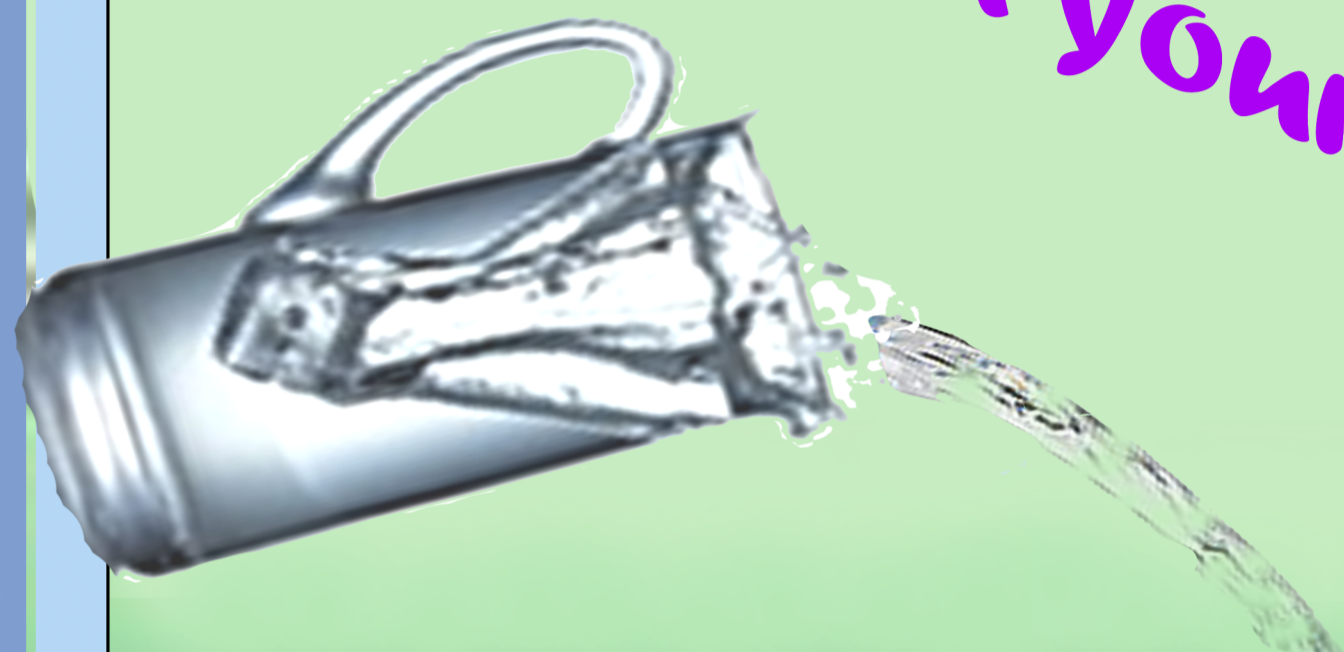


NATIONAL SCHOOL NUTRITION PROGRAMME

How to wash your hands!



WHEN?

BEFORE

Working with food

Dishing up

Eating

AFTER

Using the toilet

Using a handkerchief

Disposing of litter

Working with raw food



Use soap to wash your hands



Rub your fingers and palms and spaces between them



Scrub your fingers and thumbs



Scrub your nails and palms



Rub your thumbs in your palms



Scrub your fingertips in your palms



Rinse your hands



Use hand towel



Dry hands

