

TO HELP PREVENT THE SPREAD OF CORONAVIRUS* WASH YOUR HANDS WITH SOAP REGULARLY.



Washing hands with soap and water is one of the World Health Organization (W.H.O.) recommended measures to help reduce risk of coronavirus* infection.



Continue rubbing your hands.

Hlikihla izandla zombili.

THE CORRECT WAY TO WASH YOUR HANDS:

Wet your hands with clean, running water (preferably warm) and apply soap.

Vula umpompi, umanzise izandla zombili ngamanzi ahlanzekile (kungcono kube amanzi antukuntuku). Ugcobe insipho

Rub your hands together to make a lather and scrub your hands all over.

Hlikihla izandla zombili. Wenze igwebu.



Rinse your hands well under running water.

Vula umpompi, uyakaze izandla ngamanzi.

Dry your hands on a clean, dry towel.

Sula izandla zakho ngethawula elomile.



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA



*Washing hands with soap and water or use of an alcohol-based hand sanitizer is one of the World Health Organization (W.H.O.) recommended measures to help reduce risk of coronavirus infection. Please follow additional guidelines recommended by health authorities like W.H.O. & C.D.C./local health authorities.

WASH YOUR HANDS ON THESE OCCASIONS:



- 1** Before breakfast.
Phambi kwesidlo sasekuseni.
- 2** Before lunch.
Phambi kwesidlo sasemini.
- 3** Before dinner.
Phambi kwesidlo santambama.
- 4** After using the loo.
Uphuma endlini yangasese.
- 5** After coughing and sneezing.
Emuva kokukhwehlela nokuthimula.
- 6** When caring for the sick.
Uma ngabe unakekela ogulayo.
- 7** When hands are visibly dirty.
Uma ngabe izandla zakho zingahlanzekile.
- 8** After handling animals or animal waste.
Uma ngabe ubuthinta noma ubuqoqa imfucuza yezilwane.



- 9** And keep your whole body clean by bathing every day.
Geza zonke izinsuku ukuze ugcine wonke umzimba wakho uhlanzekile.
- 10** After touching surfaces that many people have touched.
Emuva kokuthinta izindawo esezithintwe abantu abaningi.

KNOW THE SIMPLE GUIDE THAT 'F.I.G.H.T.S' THE SPREAD OF CORONAVIRUS:

- F**requent handwashing with soap
- I**ntant germ-kill with alcohol-based hand sanitiser when out of home
- G**o to the doctor when you have a cold, a cough or a fever
- H**ome rest if you are feeling unwell
- T**issues and masks to be used when you cough or sneeze
- S**tay away from eating raw meat and wild/live farm animals