

ALWAYS WASH YOUR HANDS WITH SOAP AND CLEAN WATER TO KILL *Ebola*

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DEMONSTRATION – CORRECT HAND WASHING WITH SOAP

WASHING YOUR HANDS CORRECTLY WITH SOAP AND WATER WILL KILL *Ebola*

Trainer Asks

Tell Me Why Do You Wash Your Hands

- Washing hands with soap and water kills germs that cause sickness such as the Ebola virus

How Do You Wash Your Hands

- Hands should be washed with soap and water
- Using soap will kill the germs that make you sick

When Do You Wash Your Hands

- Wash hands before and after eating
- Before and after caring for someone who is sick
- After cleaning up after a child
- After sneezing, coughing or blowing your nose
- After using the toilet

How to Wash Your Hands (See Handout)

FOLLOW THESE STEPS

1. Wet hands with water
2. Rub soap with hands
3. Rub the palms together
4. Rub the back of each hand with the other hand
5. Wash the spaces between all fingers
6. Wash under your nails
7. Wash your wrists
8. Rinse well with water

Summary Questions

Why is it good for you to wash your hands with soap and water?

When do you wash your hands?

How do you wash your hands?

ALWAYS WASH YOUR HANDS WITH SOAP AND CLEAN WATER