



Ministry of Health and Family Welfare
Government of India



**Don't leave it to chance
Follow hand hygiene
to prevent infection**

**Wash your hands with soap and water
to keep them germ free**





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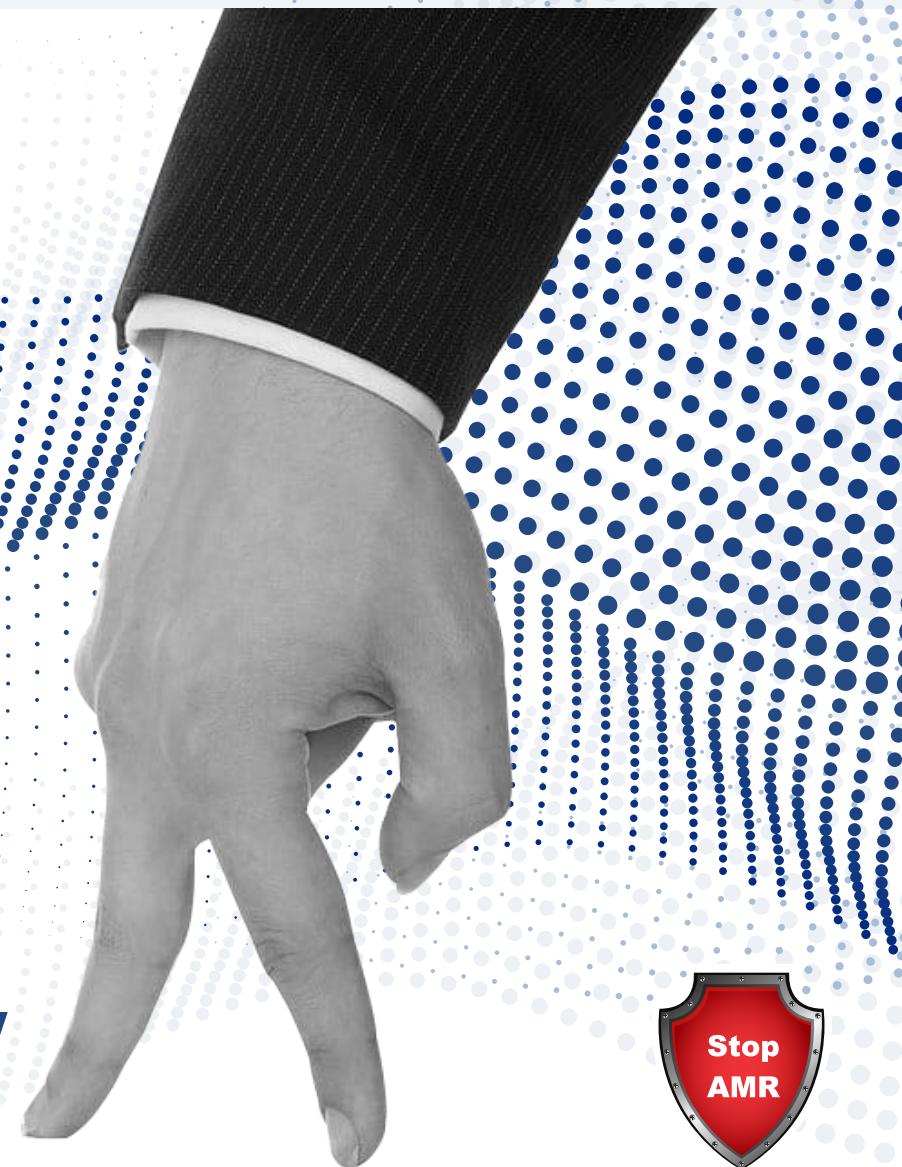


Don't carry the germs with you

Clean your

hands

Your hands go many places during the day

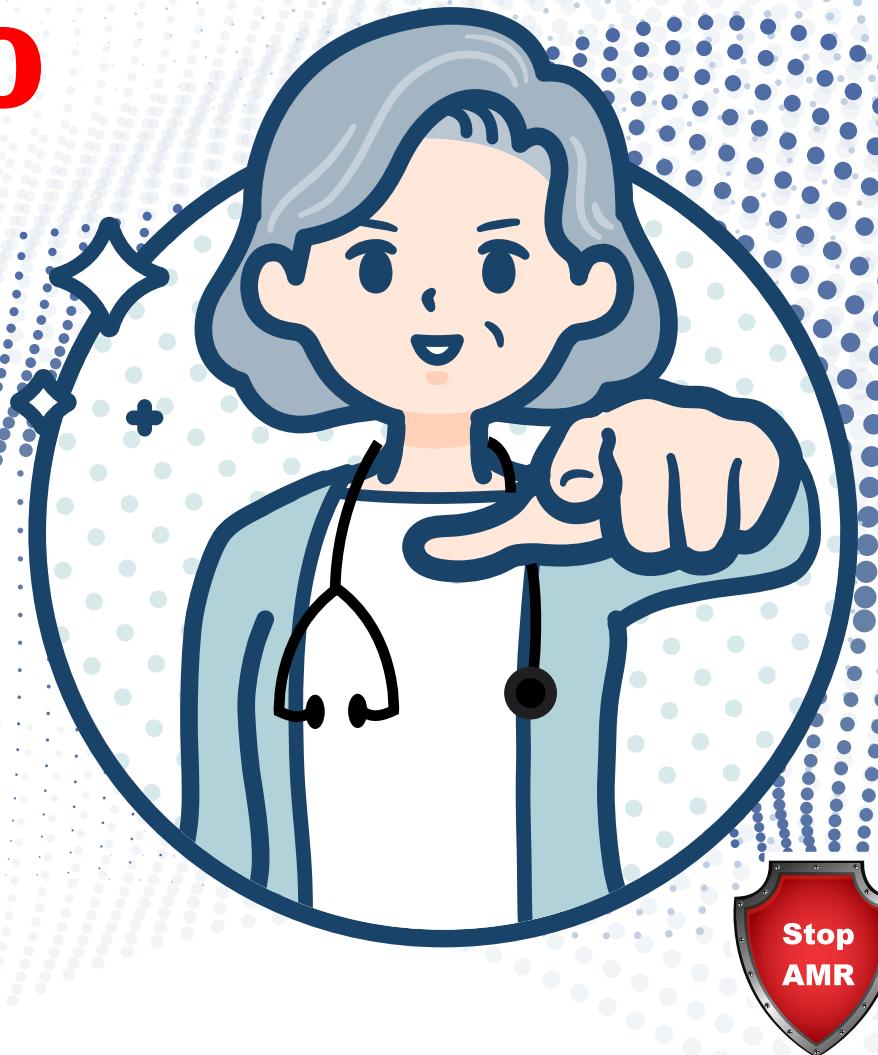




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It is our priority to keep hands clean to stop infection



It is not only our responsibility to
save lives but it is in your hands too





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Prevent Infections





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CLEAN YOUR HANDS REGULARLY



SOAP AND WATER



PALM TO PALM



BETWEEN FINGERS



FOCUS ON THUMBS



BACK OF HANDS



FOCUS ON WRISTS





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wash your
Hands
with
soap and water





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WASH YOUR HANDS WITH SOAP AND WATER

Before preparing food



Whenever your
hands get dirty



After using toilet



Before eating food





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**GERMS CAN CAUSE
DISEASE
WASH YOUR HANDS
BEFORE EATING**

