



HANDWASHING DEVICES

While Capetonians are encouraged to continue using water sparingly, washing your hands should still be a priority. Many diseases and conditions are spread by not washing hands with soap and clean, running water.

You can make an easy handwashing device such as the [tippy tap](#) or the [squeeze bottle](#) to ensure water is available for handwashing and for rinsing food. Both are hand washing stations that allows people to use soap and small amounts of flowing water (40 mL instead of 500mL+) instead of contaminating a whole bowl of water.

How to wash your hands

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails. Wash/sanitise hands after changing baby nappies and washing soiled clothing or linen.
- **Rub** your hands for at least 20 seconds. Hum the 'Happy Birthday' song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

When to wash your hands

- Before, during, and after preparing food;
- Before eating food;
- Before and after caring for someone who is sick;
- Before and after treating a cut or wound;
- After using the toilet and after changing nappies or cleaning up a child who has used the toilet;
- After blowing your nose, coughing, or sneezing;
- After touching an animal, animal feed, or animal waste and after handling pet food or pet treats;
- After handling garbage.