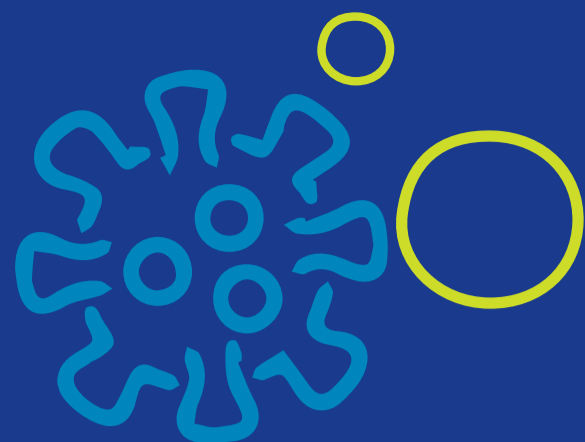
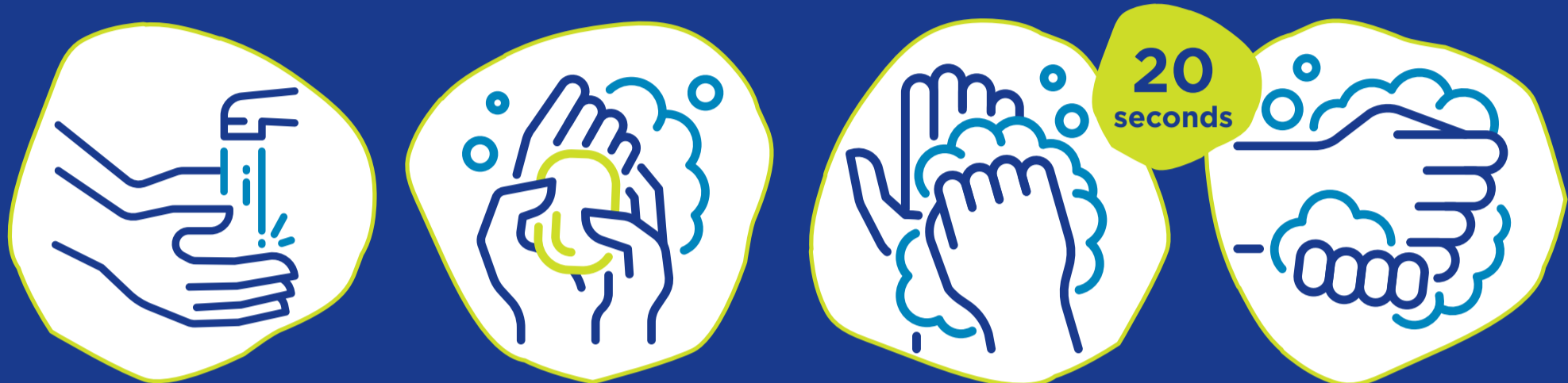


LET'S **STOP** THE SPREAD



# Hand Washing



Washing hands with normal soap and running water works best. It works **better** than hand sanitizer as it destroys the virus and removes it from hands.

If access to a shared tap is available, the following method can be used:

1. Make a hole in the lid of an empty plastic bottle (coke bottle, empty plastic water bottle, or similar).
2. Carefully fill the bottle with water.
3. Screw on the cap with a hole in it.
4. Wet hands with a little bit of the water.
5. Apply soap and rub all over your hands to create a foam/lather.
6. Use the remaining water to rinse through the hole in the lid of the bottle.



Western Cape  
Government

National Hotline: 0800 029 999  
Provincial Hotline: 021 928 4102  
WhatsApp "Hi" to 060 012 3456  
[www.westerncape.gov.za/coronavirus](http://www.westerncape.gov.za/coronavirus)

