

# Hygienic Habits ...



Healthy Habits , Healthy Life , Healthy India

## Washing Hands Keeps Us Healthy

Harmful bacteria and viruses can stick to our hands. Washing hands is the single best way to reduce the spread of infection. It should be an essential habit for everyone!

### Here's how!

Wet your hands under warm running water

Put soap on your wet hands

Rub the soap all over the front and back of your hands and between your fingers for 5 to 10 seconds

Rinse your hands well under running water

Dry your hands with a clean towel



### When!

After going to the toilet

After taking a child to the toilet

After changing diapers

Before eating, feeding a child or preparing food

After wiping nose

After caring for a sick person

## Covering the mouth / nose while coughing / sneezing prevent diseases

Use a handkerchief when you cough or sneeze. If you don't have a handkerchief, cover your mouth and nose . This would prevent the spread of airborne infections such as Flu, Tuberculosis etc.

## Spitting in public places spreads diseases

Spitting is a bad habit, as it makes the environment unclean. It also contains viruses and bacteria which can spread diseases.

