

ENSURING SAFETY ON KsTU CAMPUS II

HAND-WASHING

II. **HAND WASHING**

DO'S

- i. Wash hands properly by following these steps;
 - Wet hands with running water,
 - Apply enough soap/detergent to cover wet hands,
 - Scrub all surfaces of the hands - including back of hands, between fingers and under nails - for at least **20** seconds,
 - Rinse thoroughly with running water,
 - Dry hands with a clean cloth or single-use towel
- ii. Wash hands after;
 - Blowing the nose,
 - Sneezing or coughing,
 - Touching surfaces including money.
- iii. Hand washing should be done as frequently as possible,
- iv. Always dispose of used tissues in designated bins.

DON'TS

- i. Do not wash hands **in** the receptacle containing the water,
- ii. Do not wash hands in the basin containing used water from Veronica buckets,
- iii. Do not wash hands in a washbowl containing water that everyone washes **in**,
- iv. Do not splash water on the hands after washing.

NOTE

- COVID-19, a respiratory viral disease, spreads when **mucus** or **respiratory droplets** containing the virus enter the body through the nose or throat.
- The droplets mostly enter the body through the hands; which also spreads the virus from person to person.

- Proper hand washing prevents transmission.

Issued by KsTU Health Directorate.