



## INTERNET ARTICLE

### **Your health is in your hands: Global handwashing Day Campaign**

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The KwaZulu-Natal Department of Water and Sanitation (KZN DWS) hosted an internal awareness campaign on Monday 09 October 2017, launching the Global handwashing Day.

Global handwashing day is an international campaign which is held on 15 October annually, and aims to raise awareness and understanding about the importance of handwashing with soap as an effective and affordable way to prevent diseases.

“Everyone can improve their own health by washing hands with soap, especially after using the restroom and before touching food. “Your health is in your hands”, said Thembeke Bengu from the Sanitation Unit Directorate during her presentation. “Although some of us sometimes wash hands with only water, we need to use soap at all times. Soap is like a vaccine to reduce the spread of diarrheal and other illnesses so that you and those around you can stay healthy” Bengu said.

Bengu was making her enlightening presentation to employees. Her presentation was followed by a demonstration on how to wash hands correctly, using the six-step handwashing technique. The six-step technique was recommended by the World Health Organisation.

“Correctly wash your hands using the following six-step method:

Step 1: Wet your hands with clean, running water (warm or cold); turn off the tap, and apply soap while rubbing from palm to palm.

Step two:; Lather your hands by rubbing them together with soap.

Step three: Palm to palm your hands with fingers interlaced.

Step four: Make sure your fingers are interlocked and rub the back of your fingers with both hands.

Step five: Rub your thumb in a rotating manner followed by the area between index fingers (for both hands).

Step 6: Rub (rotationally) your fingers into your palm. (It is recommended that hands are rubbed for at least 20 seconds;. dry your hands using a clean towel, or air dry them.

Germs can be transferred more easily to and from wet hands; therefore, hands should be dried after washing”, Bengu explained during her demonstration.

**Mbali Mahaye**