



water & sanitation

Department:
Water and Sanitation
REPUBLIC OF SOUTH AFRICA

INTERNET ARTICLE

Wash Hands to Prevent Spread of Diseases

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“As from now onwards, I will make it my responsibility to ensure that my family and friends practice regular hand washing. I now understands the importance of washing my hands at critical times to prevent the spread of germs and bacteria responsible for most of the diseases we contract as people”.

This declaration was made by Ms Lydia Mashego during a campaign to observe Global Handwashing Day celebrations in Lerero, Thaba Chweu Local Municipality. She was also the first to go to the water tanker to wash her hands before going to take her food.

This significant day was celebrated under the theme **“Make Handwashing a Habit”** to encourage the public to wash hands at critical times to prevent the spread of infectious diseases.

Hands are the most common highways to the transmissions and spread of bacteria and viruses that cause diseases, food-borne illness, diarrhea infections resulting in people being hospitalised for treatment and at worst death.

In her address the Executive Mayor of Thaba Chweu Local Municipality, Councillor Selina Mashego-Sekgobela encouraged the community to make hand washing a habit.

“This awareness is crucial in ensuring that we all understand the importance of washing hands, especially to prevent the spread of diseases. I also urge educators to ensure that the hand washing practice and habit is also inculcated at schools”, she said.

The Executive Mayor also encouraged those who attended the event to spread the message to the whole community to have a healthy community.

Hand washing with soap also provides real benefits for the public as it helps relieve the burden of households costs related to medical treatment and also leads to the reduction of costs to the public health system associated with the treatment of preventable illnesses such as diarrhea.



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Sister Makofane from the Department of Health demonstrated the effective way of washing hands and encouraged the public to wash hands at all critical times.

“We all need to make hand washing a habit and wash our hands after visiting the toilet, after handling or changing baby nappies, before handling food and before and after eating or feeding a child,” she added.

Themba Khoza