

# GOOD HAND HYGIENE

**Wash hands 5-10x a day**  
**Geza izandla 5-10x ngosuku**  
**Hlatswa matsoho 5-10x ka letsatsi**



**Wet hands**  
Mansiza izandla  
Metsisa matsoho



**Apply soap**  
Thela insipho  
Tsela sesepa



**Palms**  
Intende yezandla  
Bokahare ba matsoho



**Fingers**  
Iminwe  
Menwana



**Fingernails**  
Izinzipho  
Manala



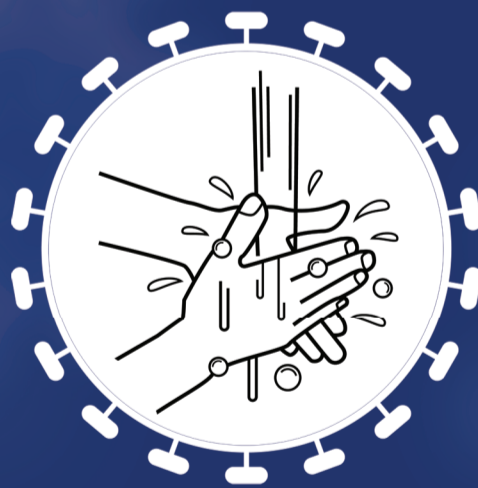
**Back of hands**  
Emva kwezendla  
Bokamorao ba matsoho



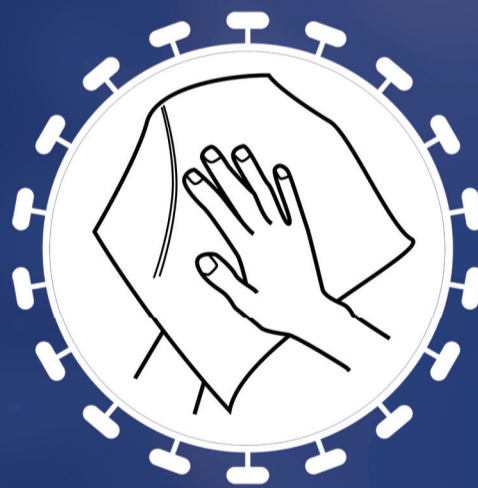
**Thumbs**  
Izithupha  
Menwana e moholo



**Wrists**  
Izihlakala  
Manonyeletso



**Rinse**  
Hlambulula  
Tsokotsa



**Dry hands**  
Sula izandla  
Omisa matsoho

## VISIT

[sacoronavirus.co.za](http://sacoronavirus.co.za)  
[wits.ac.za/campushealth/](http://wits.ac.za/campushealth/)

## CALL

Official Toll Free Number: 0800 029 999  
Campus Health (Office): 011 717 9111/3  
Campus Health (Cell): 076 609 3924

## WHATSAPP

'HI' to 0600 123 456

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