

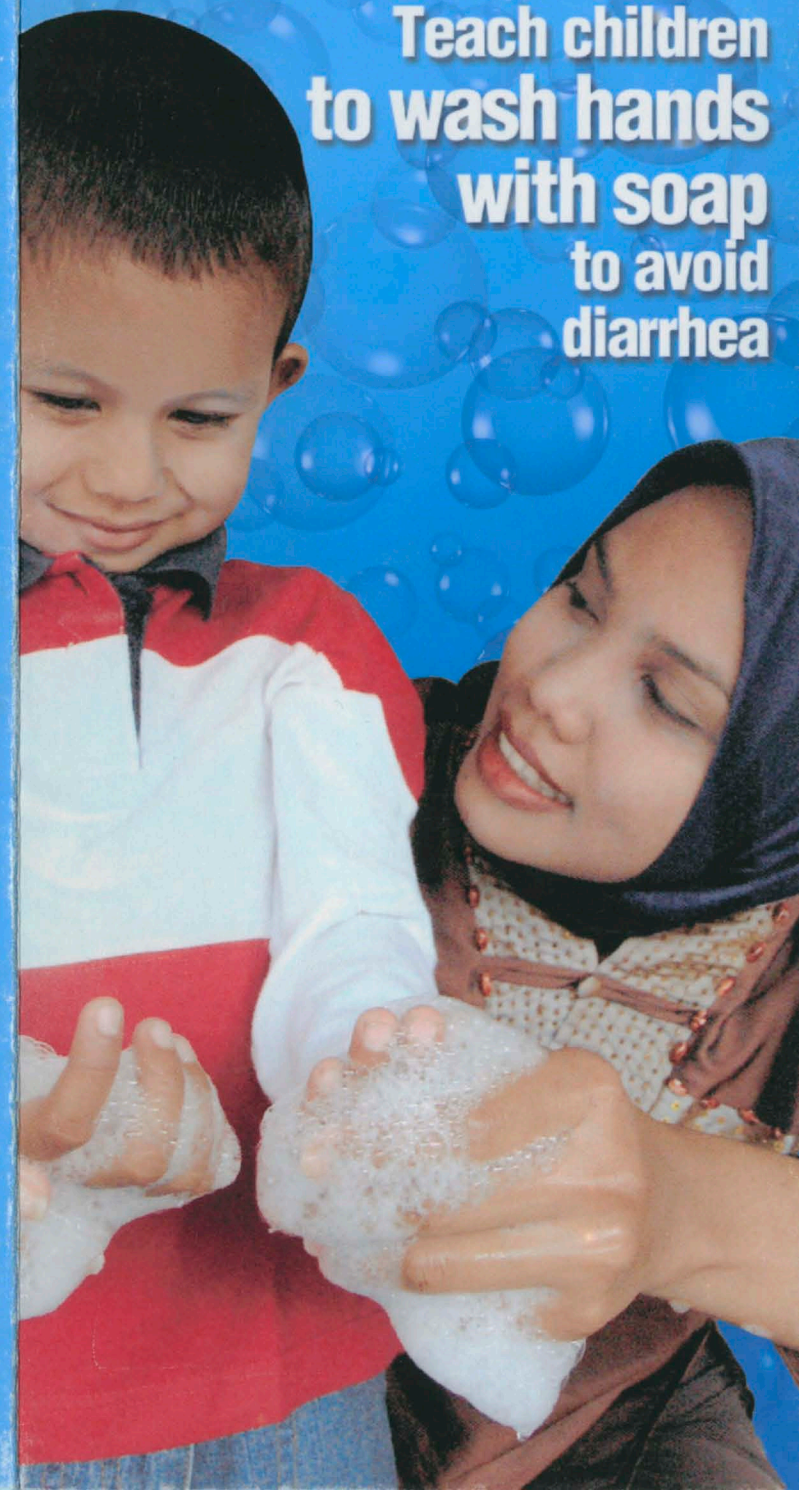
**“Let us wash  
our hands  
with soap  
for our  
health.”**



**Washing hands correct  
and appropriately can  
prevent diarrhea.**





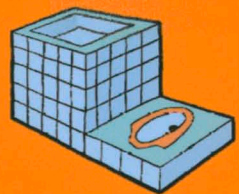

**Teach children  
to wash hands  
with soap  
to avoid  
diarrhea**






Health is everything. Washing hands correct and appropriately is a way of maintaining our health. Teach our children to wash their hands with soap at the earliest age.

## Mothers, teach your children and your family when to wash their hands

-  **1** Before and after eating
-  **2** Before cooking and preparing food
-  **3** After defecating or urinating
-  **4** After cleaning a child after defecating or urinating and after changing baby's diaper

## Mothers, teach your children and family how to wash their hands clean.

-  **1** Wet hands with running water
-  **2** Use soap and rub hands for 20 seconds
-  **3** Pay attention to your arms, underneath fingernails and between fingers
-  **4** Rinse with running water
-  **5** Dry with a towel or a dry clean cloth

## Mothers, always be alert with your children and family so they don't get diarrhea.



Diarrhea germ gets through the food and drink contaminated by faeces.



Defecating anywhere and not washing hands before eating can cause diarrhea.



If clean water and a toilet are not available it can cause diarrhea because of the environment factor.

Malnutrition factor and not providing exclusive breastfeeding can cause the body become vulnerable towards diarrhea germs.

Diarrhea has spread in the urban and rural areas, especially in slum areas.



If your children or family has diarrhea, give breast milk immediately to your baby and oralit or diluted sugar and salt for the sick person. Do not forget to boil the water first.