

No soap? No running water? Handwashing is still possible



It's always best to wash your hands with soap and water for at least 20 seconds – but if you don't have access to running water and soap, these are alternatives.

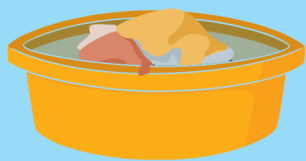
WATER

Clean water is best, but if you need to save it for drinking, then you can use:



drained
rice water

river or
sea water



laundry or
dish water

water from
boiled
vegetables



ALTERNATIVES to soap

Lots of local materials are safe to use:

coffee grounds



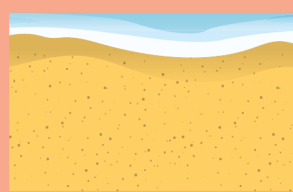
ash



salt



sand



coconut
husk



bark, leaves,
berries



RUBBING

To clean your hands, you must rub them together with water and soap or an alternative to soap.



STEPS FOR HANDWASHING

1



Wet hands
with water

2



Rub hands
together with
soap or other
material (20 secs)

3



Rinse hands
with water

4



Dry hands with a clean,
dry cloth (towels/
sheets/old clothes).
Wash the cloth frequently.