

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:



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



Wet hands with water



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



Rinse hands with water



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