



7 Habits for a Safe Life

Make it a habit to wash hands using a soap at these seven critical times.



After coughing or sneezing



Before and after attending to a sick person



After touching potentially infected surfaces



Upon returning from the outside



After using the toilet or handling child's feces



Before preparing food, before eating/feeding



After handling garbage and waste



Stay healthy, Save money

Spend 20 rupees on a soap and 20 seconds on handwashing. Or spend 2000 rupees on medical expenses? Choice is yours.

Handwashing with soap is the most effective way for preventing diarrhea, pneumonia and COVID-19.

Ensure a dedicated place with water and soap for handwashing by all.



Carry a sanitizer with you whenever you go outside.



Eat Food, Not Germs

Germs travel from hands into the body when we eat food without washing hands with a soap.

Wash hands with soap and water always before eating food at:



Home



Work / Office



Restaurants
Dhabas
Eateries



School/
College



During
travel

Have a dedicated place with water and soap for handwashing by all.



Invest small, Benefit big

Every home should have a dedicated space for handwashing, with soap and water.

Does your house have one?

Handwashing with soap saves lives and protects us from many diseases.

Be a handwashing champion by ensuring:

- A dedicated space for handwash
- Soap and water are always available
- Handwashing place is accessible to all
- Cleanliness and water draining facility



Carry a sanitizer with you whenever you go outside.