

Handwashing and Hygiene: Kyrgyz Republic Television Spot

Handwashing and hygiene practices are important to your family's health. There are five critical times when handwashing is necessary. Wash your hands after visiting latrine. Wash your hands before feeding your baby. Wash your hands before cooking. Wash your hands after changing diaper. Discard child's feces to the latrine, not the yard. Baby's feces also carry germs that can cause parasitic diseases and diarrhea and make your family sick. Getting sick can lead to malnutrition and hurt a child's growth and development. Wash your hands after contact with animals. Hand washing prevents number of illnesses such as diarrhea and infestation with worms. Handwashing takes 30 seconds. Spend 30 seconds washing your hands at the five critical times. Singing the handwashing song can help you make sure you wash for long enough. Using soap every time you wash your hands makes sure all the dirt and germs get washed away. Before cooking, before feeding, after using the latrine, after changing your baby's nappy, and after contact with animals. Your health and health of your loved ones is precious. A healthy generation is our join responsibility.