No soap? No safe and clean water? Handwashing is still possible

It’s always best to wash your hands with soap and water for at least 40 seconds – but if you don’t have access to safe and clean water and regular soap, there are alternatives.

**WATER**
Safe and clean water is best, but if you need to save it for drinking, then you can use:
- Drained rice water
- Clean river or sea water
- Laundry, hair washing or dish washing water
- Water from boiled vegetables

**SOAP**
Lots of alternatives – from plants or minerals to other consumer products can be used:
- Coffee grounds
- Beans
- Coconut husk
- Salt
- Sand
- Ash
- Marigold
- Guarana
- Thyme

Body soap, shampoo and liquid dish soap can also be used.

**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 or recommended alternative
2. Rub hands together with soap or recommended alternative (40-60 secs / no need for water while rubbing)
3. Rinse hands with water
4. Dry hands with a clean, dry cloth (towel/ sheet/old clothes). Wash the cloth frequently.