

## Hand Washing

Hand washing is an important way to reduce the spread of germs that can cause illnesses. Teach your children when and how to wash their hands properly.

### Always wash your hands

After you:

- sneeze, cough or blow your nose
- use the washroom or change diapers
- handle garbage

Before and after you:

- prepare or eat food
- touch a cut or open sore

### Steps in proper hand washing

- wet hands
- apply soap
- lather for 15 seconds. Rub between fingers, back of hands, fingertips, under nails
- rinse well under running water
- dry hands well with paper towel or hot air blower
- turn taps off with paper towel, if available

For more information, call Toronto Health Connections at 416-338-7600 or visit [www.toronto.ca/health](http://www.toronto.ca/health) (see A-Z index, Sleeve Sneeze).

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