

Hand Washing



1. Wet hands



2. Apply soap



3. Lather for 15 seconds.
Rub between fingers,
back of hands, fingertips,
under nails



4. Rinse well under
running water



5. Dry hands well with
paper towel or hot air
blower



6. Turn taps off with paper
towel, if available

Stop the Spread of Germs

Always Wash Your Hands

After you:

- Sneeze, cough or blow your nose
- Use the washroom or change diapers
- Handle garbage
- Play outdoors

Before and after you:

- Prepare or eat food
- Touch a cut or open sore