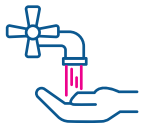# COVID-19

How to clean your hands

1. Wet hands with water

2. Apply enough soap to cover your hands

3. Scrub front and back of hands, between fingers, and under nails for 15-30 seconds

4. Rinse under running water

5. Dry with a clean cloth, paper towel or hand dryer

For hand sanitizer, use enough to cover front and back of hands and fingers, rub for 15-30 seconds, and air dry

TORONTO

toronto.ca/COVID19