HAND WASHING

Clean Hands Stop the Spread of Germs

1



Wet hands

2



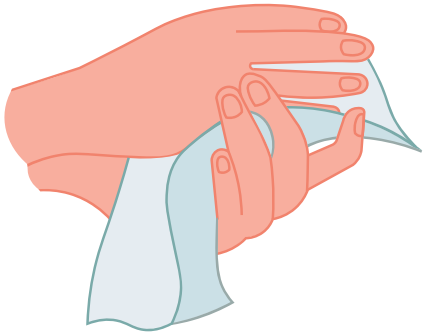
Use soap,
rub for 15 seconds

3



Rinse with water

4



Dry hands well

CLEAN HANDS STOP THE SPREAD OF GERMS

Clean your hands with a hand sanitizer or soap and water

- Hand sanitizers are very useful when you do not have soap and water.
- Use soap and water when hands are visibly dirty or before preparing food.

Common times to clean your hands:

- After sneezing, coughing, or blowing your nose.
- After using the washroom or changing diapers.
- Before and after preparing, handling, serving and eating food.
- Before and after touching eyes, nose or mouth.
- Before and after caring for someone who is sick.
- Before and after treating a cut or wound.
- After touching frequently used surfaces in public places (e.g., transit, elevators, door handles).

How to Wash your hands

1. Wet hands with warm water and use soap.
2. Rub hands together for 15 seconds, including the back of hands, thumbs, between fingers and under nails.
3. Rinse hands under running water.
4. Dry hands well.

How to use hand sanitizer

- Choose a hand sanitizer with 70-90% alcohol.
- Make sure hands are not visibly dirty.
- Use one to two pumps of the hand sanitizer on your palm, then rub it over your fingertips, between fingers, under fingernails, back of hands and thumbs.
- Rub hands together for at least 15 seconds until dry.
- Young children should be supervised to make sure the hand sanitizer is used properly.

Use hand lotion to keep hands healthy

- Cleaning your hands a lot can make your skin dry.
- Dry skin can crack, and cracks let germs in.
- Using lotion helps keep your hands soft, healthy and protected.

Where can I get more information?

Call Toronto Health Connection: 416-338-7600; TTY: 416-392-0658;
or visit our website **www.toronto.ca/health.**