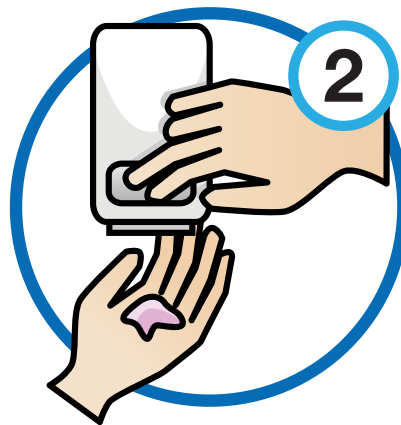


# How to... Wash your hands

Help protect  
yourself and  
others in only  
**15**  
seconds



Wet hands



Use enough liquid soap to cover all  
areas of your hands



Lather and scrub hands for at  
least 15 seconds (rub finger tips,  
between fingers, back of hands,  
base of thumbs and wrists)



Rinse under warm,  
running water



Dry with paper towel



Turn off water with  
paper towel

# Clean your hands!

## Your hands can pass on harmful germs.

We carry many different germs on our hands everyday. These germs can make us sick (e.g. cold, flu, diarrhea). When done right, cleaning your hands often is one of the best ways to help stop the spread of germs.

### Clean your hands before & after:

- Preparing and serving food
- Eating
- Putting on or taking off disposable gloves
- Treating a cut or wound
- Caring for someone that is sick

### Clean your hands after:

- Handling raw meat
- Coughing, sneezing or blowing your nose
- Using the washroom
- Changing a diaper
- Handling animals or their waste

## How to use alcohol-based hand rub

**Note:** If your hands look dirty, it is best to use soap and water.



Use enough alcohol-based hand rub to cover all areas of your hands



Rub hands for at least 15 seconds or until product is dry (rub finger tips, between fingers, back of hands, base of thumbs and wrists)

### 62% alcohol

Recommended for the general public

### 70% alcohol

Recommended for health care settings

Help protect yourself and others in only

**15**  
seconds

**Gel vs. Foam:** Use enough hand rub to allow for a 15 second rub. Foam can dry out quicker; more foam may be needed.

## Other ways to prevent the spread of germs:

- Cover your cough or sneeze
- Stay home when you are sick, return to work only when you feel better
- Clean and disinfect to remove dirt and germs from surfaces
- Prevent food-borne illness by handling food safely



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