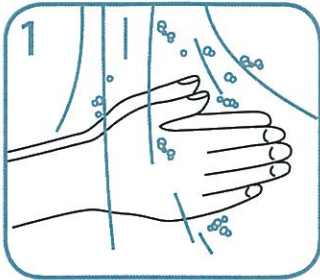


How to handwash

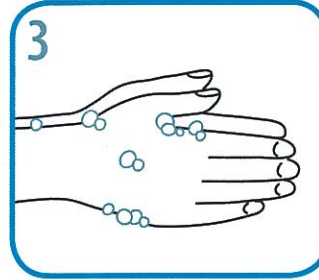
Lather hands for 15 seconds



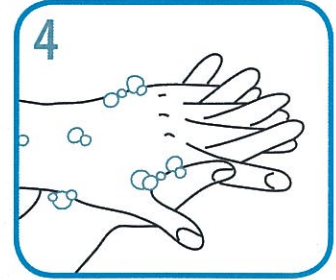
1
Wet hands with warm water.



2
Apply soap.

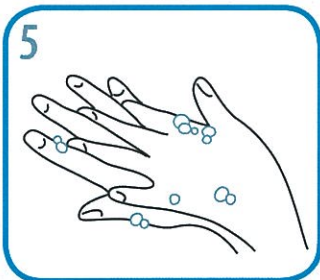


3
Lather soap and rub hands palm to palm.

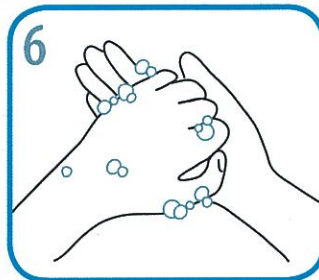


4
Rub in between and around fingers.

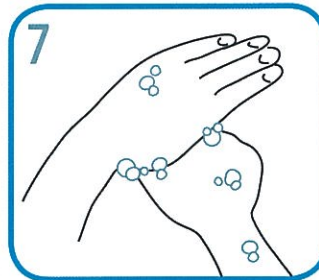
Lather hands for 15 seconds



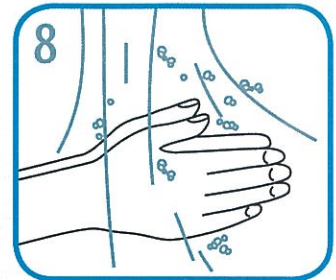
5
Rub back of each hand with palm of other hand.



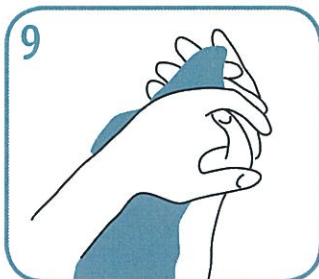
6
Rub fingertips of each hand in opposite palm.



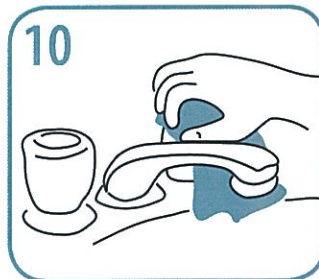
7
Rub each thumb clasped in opposite hand.



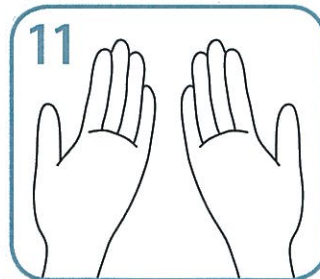
8
Rinse thoroughly under running water.



9
Pat hands dry with paper towel.



10
Turn off water using paper towel.



11
Your hands are now safe.



**JUST CLEAN
YOUR HANDS**

For more information, please contact handhygiene@oahpp.ca
or visit publichealthontario.ca/JCYH

