COVID-19: Protect Yourself and Your Community

HOW TO WASH YOUR HANDS

Please remember to:

1. Wet hands with water.
2. Apply soap.
3. Lather soap and rub hands palm to palm.
4. Rub in between and around fingers.
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.
10. Turn off water using paper towel.
11. Your hands are now safe.

Lather hands for 15 seconds

The University of Toronto is closely monitoring the COVID-19 situation. Please visit utoronto.ca for the latest updates.