

HOW TO WASH YOUR HANDS

Please remember to:



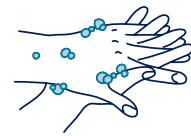
1. Wet hands with water.



2. Apply soap.



3. Lather soap and rub hands palm to palm.



4. Rub in between and around fingers.

Lather hands for 15 seconds

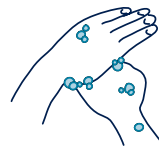
Lather hands for 15 seconds



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.

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best Practices for Hand Hygiene in All Health Care Settings. 4th ed. Toronto, ON: Queen's Printer for Ontario; January 2014.

