**HOW TO WASH YOUR HANDS**

Please remember to:

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.

10. Turn off water using paper towel.
11. Your hands are now safe.


The University of Toronto is closely monitoring the COVID-19 situation. Please visit our website, [utoronto.ca](http://utoronto.ca), to read the latest updates.
COVID-19: Protect Yourself and Your Community

HOW TO SANITIZE YOUR HANDS

Please remember to:

1. Apply 1 to 2 pumps of product to palms of dry hands.
2. Rub hands together, palm to palm.
3. Rub in between and around fingers.
4. Rub back of each hand with palm of other hand.
5. Rub fingertips of each hand in opposite palm.
6. Rub each thumb clasped in opposite hand.
7. Rub hands until product is dry. Do not use paper towels.
8. Once dry, your hands are safe.

Rub hands for 15 seconds

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