

Clean your Hands

with soap and warm water...clean for at least 15 seconds



Wet hands and wrists.

Step 1



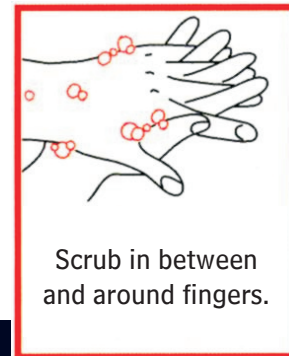
Use a sufficient amount of soap - one squirt of the pump.

Step 2



Lather soap and scrub hands well, palm to palm.

Step 3



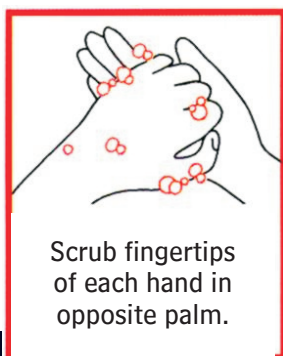
Scrub in between and around fingers.

Step 4



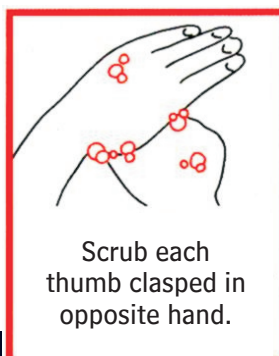
Scrub back of each hand with palm of other hand.

Step 5



Scrub fingertips of each hand in opposite palm.

Step 6



Scrub each thumb clasped in opposite hand.

Step 7



Scrub each wrist clasped in opposite hand.

Step 8



Rinse thoroughly under running water.

Step 9



Wipe and dry hands well with paper towel.

Step 10



Turn off water using paper towel.

Step 11

Clean hands:

- before preparing meals
- before eating
- after using the washroom
- after coughing or sneezing
- after blowing your nose
- after playing with pets
- after playing outdoors

Graphics & text adapted with permission from Queen's Printer for Ontario 2009\ID