Reduce the spread of COVID-19: Wash your hands infographic

**STEP 1:** Wet hands with water.

**STEP 2:** Apply soap.

**STEP 3:** While hands are out of water, rub hands together for at least 20 seconds (including your palms, back of each hand, between fingers, thumbs and under nails).

**STEP 4:** Rinse well with water.

**STEP 5:** Dry hands well with paper towel.

**STEP 6:** Turn off tap using paper towel.

For more information: 1-833-784-4397 Canada.ca/coronavirus

If soap and water aren't available, use a hand sanitizer containing at least 60% alcohol. Rub your hands together (as shown in Step 3) until dry.