

Reduce the spread of infectious diseases

How to properly wash your hands



STEP 1:

Wet hands with water.



STEP 2:

Apply soap while your hands are out of the water.

STEP 3:

Rub hands together for at least 20 seconds (including your palms, back of each hand, between fingers, thumbs and under your nails).



STEP 4:

Rinse hands well with clean water.



STEP 5:

Dry hands well with clean cloth or paper towel.



STEP 6:

Turn off tap using the cloth or paper towel.



If soap and water aren't available, use a hand sanitizer containing at least 60% alcohol to clean your hands. Rub your hands together (as shown in Step 3) for 20 seconds or until dry. If your hands are visibly dirty, remove as much residue as possible before using hand sanitizer. For example, use a wet wipe.



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