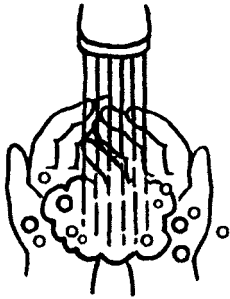




HAND WASHING

1



Wet hands.

2



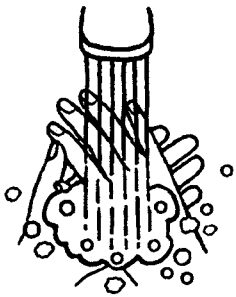
Apply soap.

3



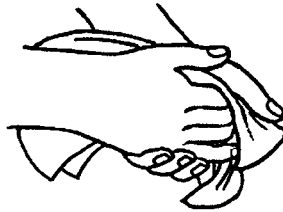
Lather for 15 seconds.
Rub between fingers,
back of hands,
fingertips, under nails.

4



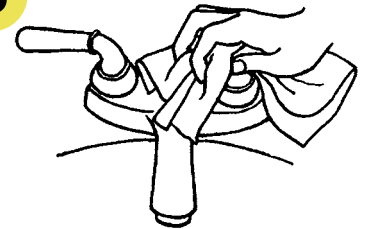
Rinse well under
running water.

5



Dry hands well with
paper towel or hot
air blower.

6



Turn taps off with
paper towel, if
available.

STOP THE SPREAD OF GERMS

ALWAYS WASH YOUR HANDS

AFTER YOU:

- Sneeze, cough or blow your nose
- Use the washroom or change diapers
- Handle garbage
- Play outdoors

BEFORE AND AFTER YOU:

- Prepare or eat food
- Touch a cut or open sore

Adapted with permission from Toronto Public Health