

STOP CLEAN YOUR HANDS

HELP KEEP YOURSELF AND YOUR CO-WORKERS HEALTHY

STEPS TO HAND WASHING



1 WET HANDS
Remove jewellery and watch. Wet hands with warm water.



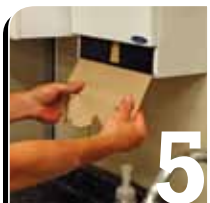
2 SOAP
Be sure to use enough liquid soap.



3 LATHER WELL
Lather for *15-20 seconds*.
Clean wrists, palms, back of hands and between fingers.



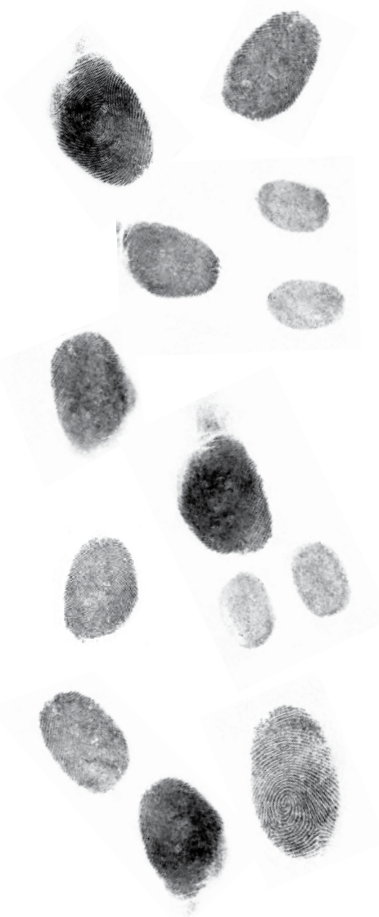
4 RINSE
Rinse with warm water.
Be sure not to touch side of sink.



5 DRY
Dry hands completely with paper towel or with an air dryer.



6 KEEP CLEAN
Use a paper towel to turn off water and open door, protecting hands from being recontaminated.



FOR MORE INFORMATION
WWW.WEHEALTHUNIT.ORG
519-258-2146 ext. 3100

KEY REFERENCES:
Ontario Ministry of Health and Long-Term Care (November 2008). Retrieved May 4, 2009,
from <http://www.health.gov.on.ca/cs/influenza/>

STEPS TO HAND SANITIZING



1 APPLY
Apply enough sanitizer to completely cover both hands.



2 RUB PALMS
Rub hands together, palm to palm for *15-20 seconds*.



3 RUB TOP
Rub top of hand with palm of other hand.



4 UNDER FINGERS
Spread sanitizer over and under fingernails.



5 BETWEEN FINGERS
Spread sanitizer between fingers.



6 RUB UNTIL DRY
Keep rubbing hands together until they are dry. Don't dry with a towel.