

# 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.

## 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.



FOR MORE INFORMATION  
[WWW.WEHEALTHUNIT.ORG](http://WWW.WEHEALTHUNIT.ORG)  
519-258-2146 ext. 3100

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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/>