

HANDWASHING

ONE OF THE BEST WAYS TO AVOID INFECTION

“Handwashing, when done correctly, is the single most effective way to prevent the spread of communicable diseases. Good handwashing technique is easy to learn and can significantly reduce the spread of infectious diseases among both children and adults.”

Ontario Ministry of Health and Long-Term Care

STEP 1
Remove jewellery and watches, and wet hands with warm water first.



STEP 2
Be sure to use enough liquid soap.



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



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



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



STEP 6
Use a paper towel to turn off water and open door to protect hands from getting dirty again.



HAND SANITIZER

Hand sanitizers don't remove visible dirt and grime, and don't replace regular handwashing. They shouldn't be used if soap and clean water are available.

STEP 1
Apply enough sanitizer to completely cover both hands.



STEP 2
Rub hands together, palm to palm.



STEP 3
Rub back of hand with palm of other hand.



STEP 4
Spread sanitizer over and under fingernails.



STEP 5
Spread sanitizer between fingers.



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

