

## Coronavirus Disease 2019 (COVID-19)

# How to wash your hands



Wash hands for at least 15 seconds

1



Wet hands with warm water.

2



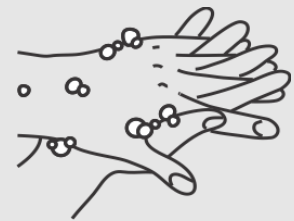
Apply soap.

3



Lather soap and rub hands palm to palm.

4



Rub in between and around fingers.

5



Rub back of each hand with palm of other hand.

6



Rub fingertips of each hand in opposite palm.

7



Rub each thumb clasped in opposite hand.

8



Rinse thoroughly under running water.

9



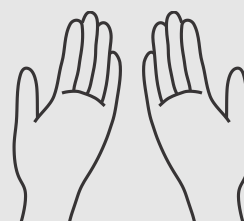
Pat hands dry with paper towel.

10



Turn off water using paper towel.

11



Your hands are now clean.

# How to use hand sanitizer



Rub hands for at least 15 seconds

1



Apply 1 to 2 pumps of product to palms of dry hands.

2



Rub hands together, palm to palm.

3



Rub in between and around fingers.

4



Rub back of each hand with palm of other hand.

5



Rub fingertips of each hand in opposite palm.

6



Rub each thumb clasped in opposite hand.

7



Rub hands until product is dry. Do not use paper towels.

8



Once dry, your hands are clean.

## Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for hand hygiene in all health care settings [Internet]. 4th ed. Toronto, ON: Queen's Printer for Ontario; 2014. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-hand-hygiene.pdf?la=en>

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