

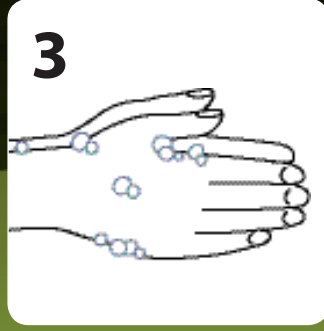
How to Hand Wash



1
Wet hands
under warm
running water



2
Apply soap
and distribute
over hands



3
Rub hands
together to create
a good lather:
Palm to palm

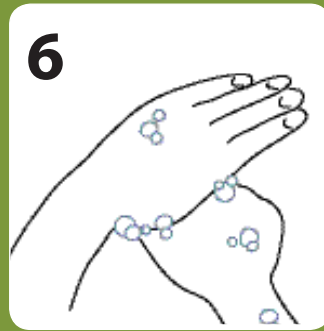


4
Rub fingertips
of each hand in
opposite palm

Lather and rub hands for a total of 15 seconds



5
Rub between
and around
fingers



6
Rub each thumb
clasped in
opposite hand



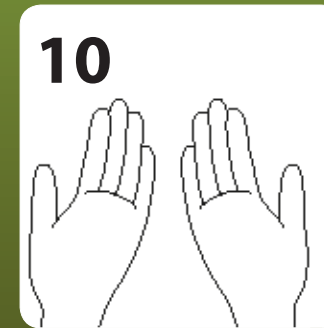
7
Rub back of
each hand with
opposite palm



8
Rinse hands
thoroughly under
warm running water,
pat hands dry with a
paper towel



9
Turn off faucet
using a paper
towel



10
Your hands are
now clean

wrha.mb.ca/ipc

Adapted from "Just Clean Your Hands" Government of Ontario

Remember to practice:

