



STOP

COVID-19

Hand Hygiene

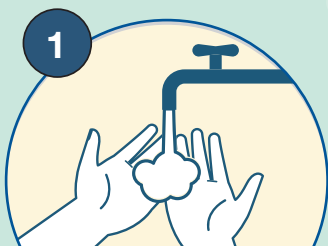
SOAP OR ALCOHOL-BASED HAND RUB: Which is best?

**Either will clean your hands:
use soap and water if hands are visibly soiled.**

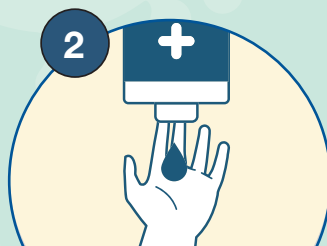


Remove hand and wrist jewellery

HOW TO HAND WASH



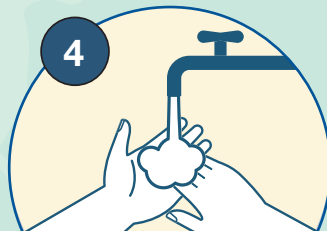
1
Wet hands with warm
(not hot or cold)
running water



2
Apply liquid or foam soap



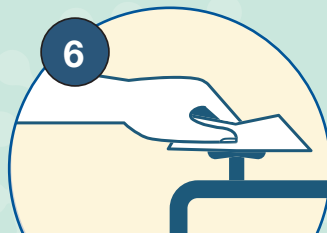
3
Lather soap covering
all surfaces of hands
for 20-30 seconds



4
Rinse thoroughly
under running water

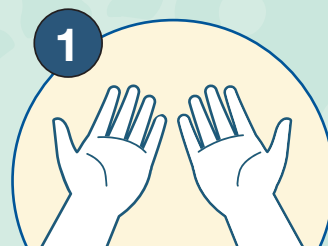


5
Pat hands dry thoroughly
with paper towel



6
Use paper towel
to turn off the tap

HOW TO USE HAND RUB



1
Ensure hands are visibly
clean (if soiled, follow hand
washing steps)



2
Apply about a loonie-sized
amount to your hands



3
Rub all surfaces of your hand
and wrist until completely
dry (15-20 seconds)

COVID19_HIH_001