

How To Wash Your Hands



Wash your hands for at least 30 seconds.

1



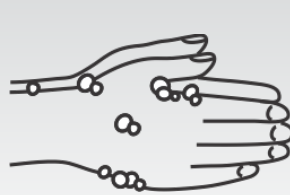
Wet hands with warm water.

2



Apply soap.

3



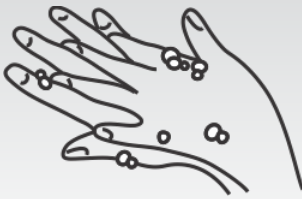
Lather soap and rub hands palm to palm.

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 hand.

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.



Northwestern
Health Unit

www.nwhu.on.ca