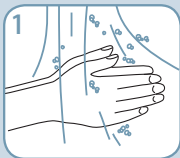


# How to handwash

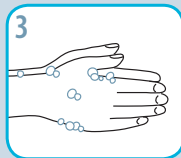
## Lather hands for 15 seconds



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.

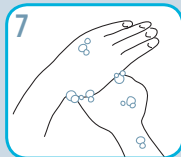
## Lather hands for 20 seconds



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.



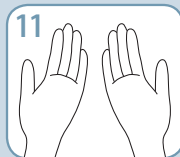
8  
Rinse thoroughly under running water.



9  
Pat hands dry with paper towel or hand dryer.



10  
Turn off water using paper towel.



11  
Your hands are now safe.



**JUST CLEAN  
YOUR HANDS**

For more information, please contact [handhygiene@oahpp.ca](mailto:handhygiene@oahpp.ca) or visit [publichealthontario.ca/JCYH](http://publichealthontario.ca/JCYH)

 **Ontario**