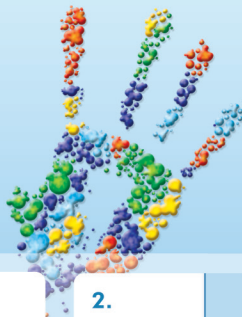


# CLEAN HANDS PROTECT LIVES.

Your Health Care - Be Involved



## How to HANDWASH

1.



Wet hands with warm water.

2.



Apply soap and lather onto hands.

3.



Wash both sides of hands and between fingers.

4.



Rinse hands under running water.

5.



Pat hands dry with paper towel. Turn off tap with paper towel.



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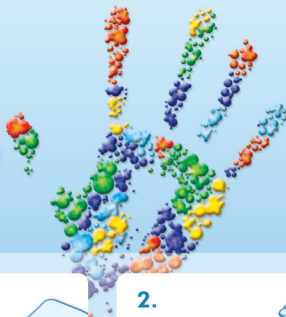
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Ontario

# CLEAN HANDS PROTECT LIVES.

Your Health Care - Be Involved



## How to **HANDRUB**

1.

Apply hand rub gel or foam to palm of hand.



2.

Spread over both sides of hands and between fingers.



3.

Rub hands together for at least 15 seconds or until dry.



4.

Once dry, your hands are safe.



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