

# STOP

the spread of germs

Hand washing is the best way to prevent infections.

1



Wet your hands with warm water

2



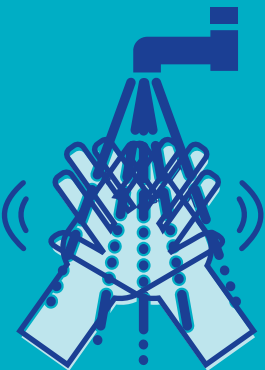
Gently apply soap to produce lather

3



Rub for 10-20 seconds to remove germs

4



Rinse away germs

5



Dry your hands with a paper towel or air dryer

6



Turn off tap with a paper towel (if available)

## Always wash your hands:

Before and after you:

1. Prepare or eat food
2. Touch a cut or open sore
3. Sneeze, cough or blow your nose
4. Use the washroom or change diapers
5. Handle garbage
6. Pet animals

### For more information contact:

Hastings Prince Edward Public Health  
Phone: 613-966-5500 ext. 677  
Toll Free: 1-800-267-2803  
TTY: 711 or 1-800-267-6511  
hpePublicHealth.ca

We are committed to providing accessible publications, programs and services to all. For assistance please call 613-966-5500; TTY: 711 or email [accessibility@hpeph.ca](mailto:accessibility@hpeph.ca). For more information, please visit [hpePublicHealth.ca](http://hpePublicHealth.ca).



HASTINGS PRINCE EDWARD  
**Public Health**