

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

6



Turn off tap with a paper towel

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

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