



COVID-19

Hand Hygiene

SOAP OR ALCOHOL-BASED HAND RUB: Which is best?

Either will clean your hands:
use soap and water if hands are visibly soiled.



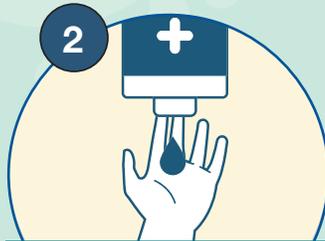
Remove hand and wrist jewellery

HOW TO HAND WASH

HOW TO USE HAND RUB



1
Wet hands with warm (not hot or cold) running water



2
Apply liquid or foam soap



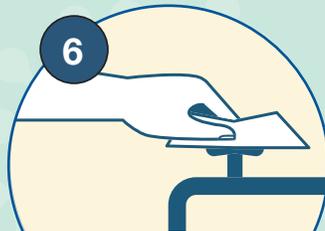
3
Lather soap covering all surfaces of hands for 20-30 seconds



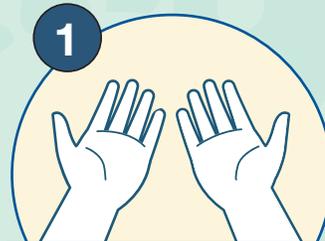
4
Rinse thoroughly under running water



5
Pat hands dry thoroughly with paper towel



6
Use paper towel to turn off the tap



1
Ensure hands are visibly clean (if soiled, follow hand washing steps)



2
Apply about a loonie-sized amount to your hands



3
Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)