

PROPER HAND WASHING

Washing your hands frequently with soap and water is the best way to reduce the spread of germs.



1
Wet your hands with warm running water



2
Add soap and scrub for 15–20 seconds



3
Wash backs, thumbs, between fingers, and under nails



4
Rinse off soap under running water



5
Dry your hands with a clean towel



6
Turn off tap with a towel

When soap and water are not available, alcohol-based hand sanitizers can be used if hands are not visibly soiled.


NOVA SCOTIA