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

For more information contact:

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