STOP
the spread of germs

Hand washing is the best way to prevent infections.

1 Wet your hands with warm water
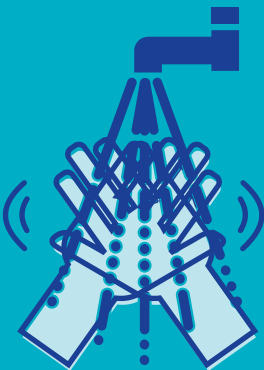
2 Gently apply soap to produce lather

3 Rub for at least 15-20 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:
Prepare or eat food
Touch a cut or open sore

AFTER you:
Sneeze, cough or blow your nose
Use the washroom or change diapers
Handle garbage
Handle or pet animals

For more information contact:
Hastings Prince Edward Public Health
Phone: 613-966-5500
Toll Free: 1-800-267-2803
TTY: 711
hpePublicHealth.ca

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