

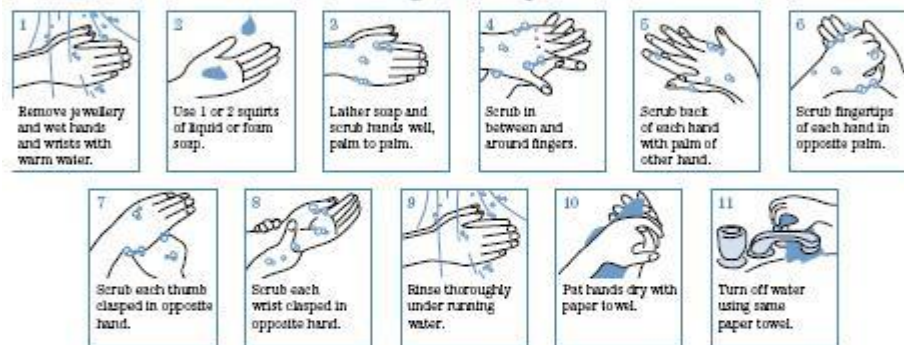
Handwashing

To wash hands properly, rub all parts of the hands and wrists with soap and water or an alcohol-based hand rub. Wash hands for at least 15 seconds or more. Pay special attention to fingertips, between fingers, backs of hands and base of the thumbs.

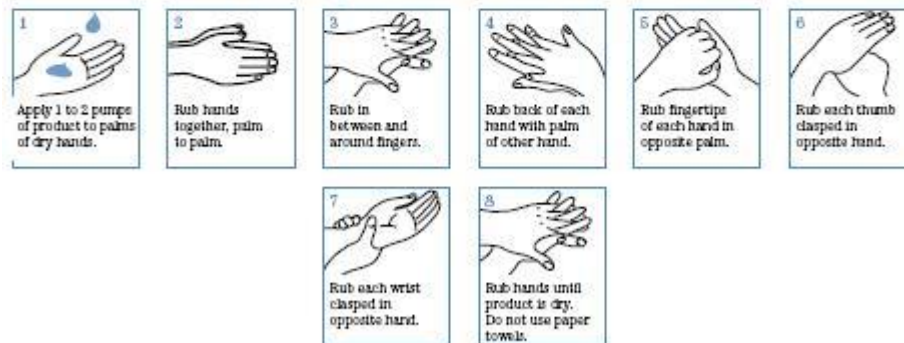
- Keep nails short
- Remove watches, rings and bracelets
- Do not use artificial nails
- Avoid clipped nail varnish
- Wash wrists and forearms if they are likely to have been contaminated
- Make sure that sleeves are rolled up and do not get wet during washing

If you have any questions regarding cuts, sores, allergies or pre-existing skin conditions, call Telehealth Ontario at 1-866-797-0000, TTY 1-866-797-0007.

Handwashing with soap and water



Cleaning with alcohol-based hand rub

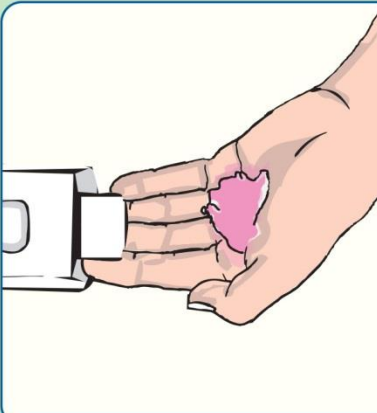


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FIGHT GERMS BY WASHING YOUR HANDS!



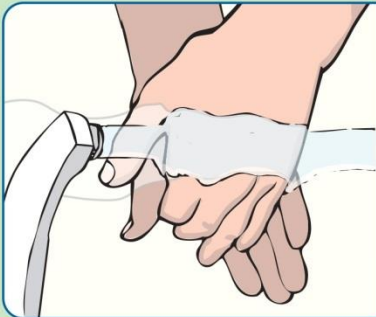

1 Wet your hands




2 Soap



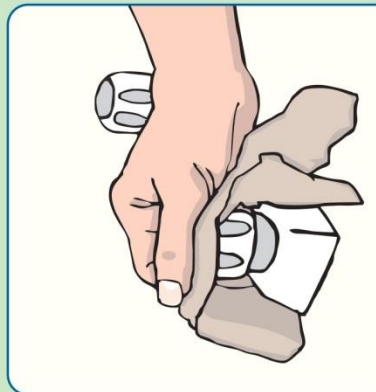
3 Lather and scrub - 20 sec



4 Rinse - 10 sec



5 Dry your hands



6 Turn off tap

DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands

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