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