

How to handwash



To wash hands properly, rub all parts of the hands and wrists with soap and water or an alcohol-based hand sanitizer. Wash hands for at least 15 seconds or more. Pay special attention to the areas of the hand most frequently missed.

- Keep nails short.
- Avoid wearing rings.
- Avoid artificial nails or nail varnish.
- Remove watches and bracelets.
- 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 further questions or concerns, please call 403-943-LINK (5465)

Illustrations courtesy of
Ontario Ministry of Health.

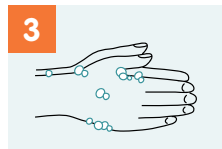
Handwashing with soap and water



1 Wet hands and wrists.



2 Use a sufficient amount of soap.



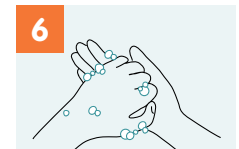
3 Lather soap and scrub hands well, palm to palm.



4 Scrub in between and around fingers.



5 Scrub back of each hand with palm of other hand.



6 Scrub fingertips of each hand in opposite palm.



7 Scrub each thumb clasped in opposite hand.



8 Scrub each wrist clasped in opposite hand.



9 Rinse thoroughly under running water.



10 Wipe and dry hands well with paper towel.



11 Turn off water using paper towel.

Cleaning with alcohol sanitizers



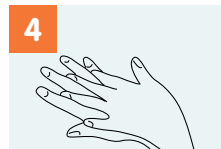
1 Apply enough sanitizer to open palms.



2 Rub hands together, palm to palm.



3 Rub in between and around fingers.



4 Rub back of each hand with palm of other hand.



5 Rub fingertips of each hand in opposite palm.



6 Rub each thumb clasped in opposite hand.



7 Rub each wrist clasped in opposite hand.



8 Keep rubbing until hands are dry. Paper towels are not needed.