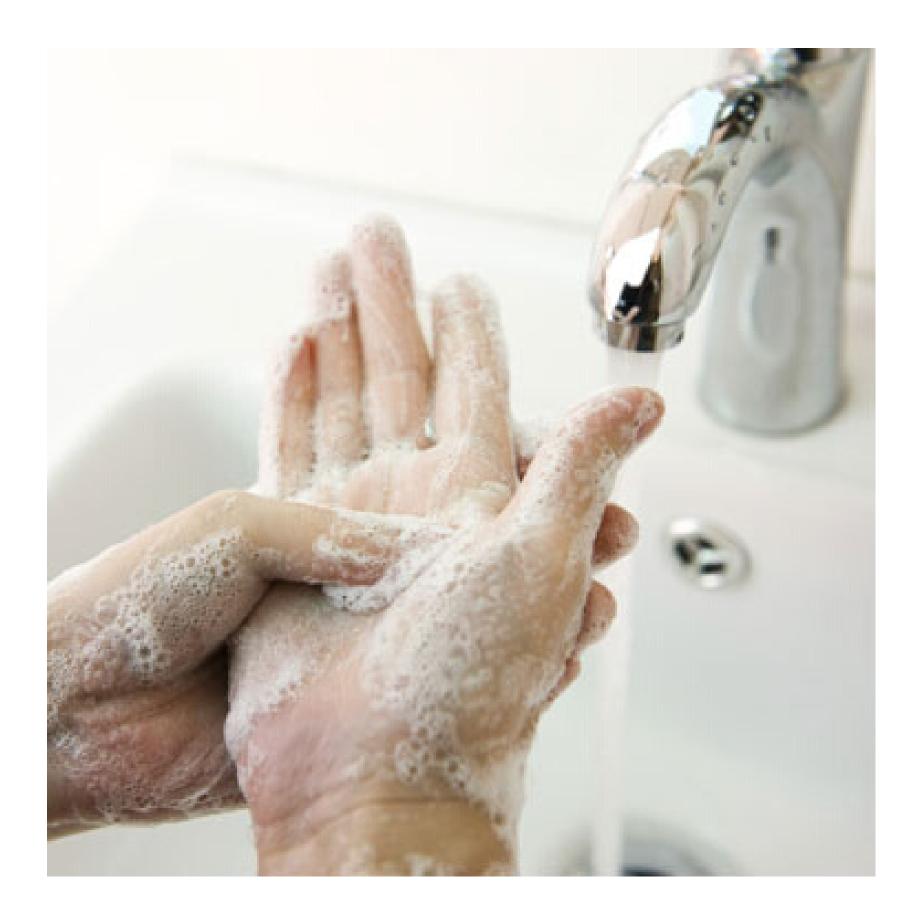
HOW TO WASH YOUR HANDS



REMEMBER: THERE IS NO NEED TO USE HAND SANITIZER BEFORE OR AFTER WASHING HANDS

Approaches to Community Wellbeing Sioux Lookout First Nations Health Authority Toll Free: 1-866-337-0081

- 1. Turn on taps and wet both hands with warm running water.
- 2. Apply one squirt of liquid soap to palm of hand.
- 3. Make a lather. Rub hands together and rub between fingers, front of hands and back of hands for at least 20 seconds (sing the Happy Birthday song twice).
- 4. Rinse hands under warm water until all soap is gone.
- 5. Dry hands with a disposable paper towel or cloth towel.
- 6. Use towel to shut off taps.
- 7. Use towel to touch door handle to open if leaving room.
- 8. Put used paper towel in waste container or replace cloth towel with a new clean towel.

