

HOW TO WASH YOUR HANDS



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

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.

Approaches to Community Wellbeing
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**Sioux Lookout
First Nations
Health Authority**