

HOW TO CLEAN YOUR HANDS

Gloves do not replace excellent hand hygiene.

HOW TO HAND WASH



Wet hands with warm (not hot or cold) running water



Apply liquid or foam soap



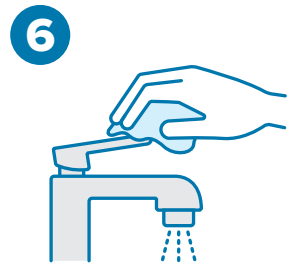
Lather soap covering all surfaces of hands for 20-30 seconds



Rinse thoroughly under running water



Pat hands dry thoroughly with paper towel



Use paper towel to turn off the tap



Rub back of each hand with palm of other hand



Rub fingernails of each hand in opposite palm



Rub each thumb clasped in opposite hand

HOW TO USE HAND RUB



Ensure hands are visibly clean (if soiled, follow hand washing steps)



Apply about a loonie-sized amount to your hands



Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)

LEARN ABOUT THE VIRUS

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others.

Learn more at www.vch.ca/COVID19