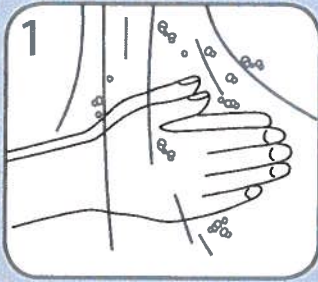


How to handwash

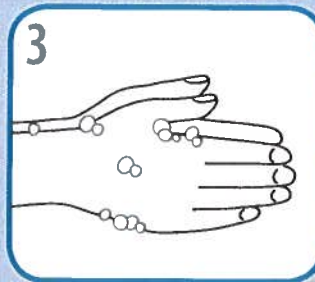
Lather hands for 15 seconds



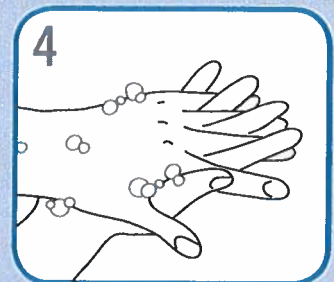
1
Wet hands with warm water.



2
Apply soap.

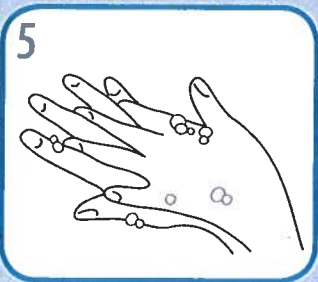


3
Lather soap and rub hands palm to palm.



4
Rub in between and around fingers.

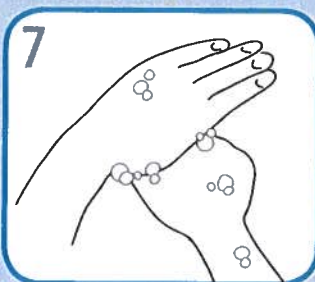
Lather hands for 15 seconds



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



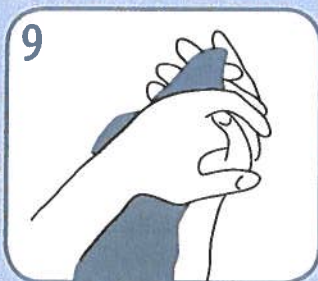
6
Rub fingertips of each hand in opposite palm.



7
Rub each thumb clasped in opposite hand.



8
Rinse thoroughly under running water.



9
Pat hands dry with paper towel.



10
Turn off water using paper towel.



11
Your hands are now safe.



**JUST CLEAN
YOUR HANDS**

For more information, please contact handhygiene@oahpp.ca
or visit publichealthontario.ca/JCYH

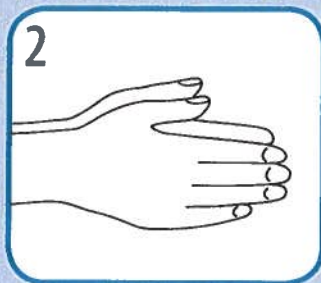


How to handrub

Rub hands for 15 seconds



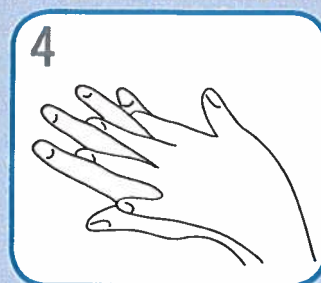
1 Apply 1 to 2 pumps of product to palms of dry hands.



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.

Rub hands for 15 seconds



5 Rub fingertips of each hand in opposite palm.



6 Rub each thumb clasped in opposite hand.



7 Rub hands until product is dry. Do not use paper towels.



8 Once dry, your hands are safe.



**JUST CLEAN
YOUR HANDS**

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