



To wash hands properly, rub all parts of the hands and wrists with soap and water or an alcohol-based hand rub. Wash hands for at least 15 seconds or more. Pay special attention to fingertips, between fingers, backs of hands and base of the thumbs.

- Keep nails short.
- Do not use artificial nails.
- 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.
- Remove watches, rings and bracelets.
- Avoid chipping nail varnish.

If you have any questions regarding cuts, sores, allergies or pre-existing skin conditions, call Telehealth Ontario at 1-866-797-0000, TTY 1-866-797-0007.

### **Steps for handwashing with soap and water:**

1. Remove jewellery and wet hands and wrists with warm water.
2. Use one or two squirts of liquid or foam 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. Pat hands dry with paper towel.
11. Turn off water using some paper towel.

### **Steps for cleaning with alcohol-based hand rub:**

1. Apply one to two 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.
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. Rub hands until product is dry. Do not use paper towels.

(source: Government of Ontario)

*live well, age well, be well*