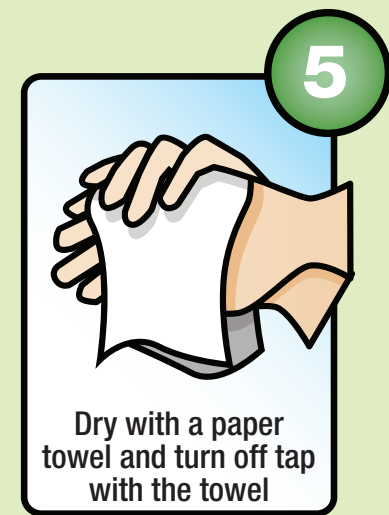
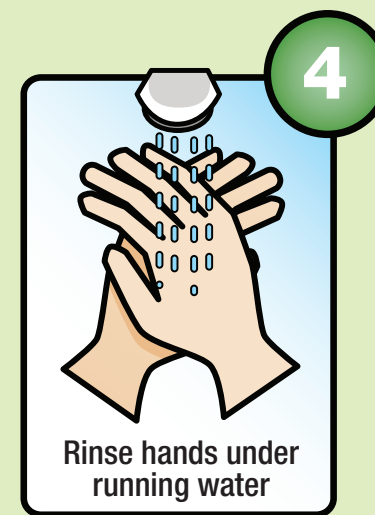


# Handwashing with Soap and Water

Washing your hands is an easy way to stop the spread of germs that can make you and others sick... and it only takes 15 seconds!

When you scrub your hands with soap and water, germs that can make you sick are removed.



When washing your hands pay particular attention to areas most often missed, like nail beds and between your fingers.

Other things to keep in mind: keep nails short and clean; make sure nail polish is not chipped; wash wrists and forearms; and remove watches and jewelry when you wash.

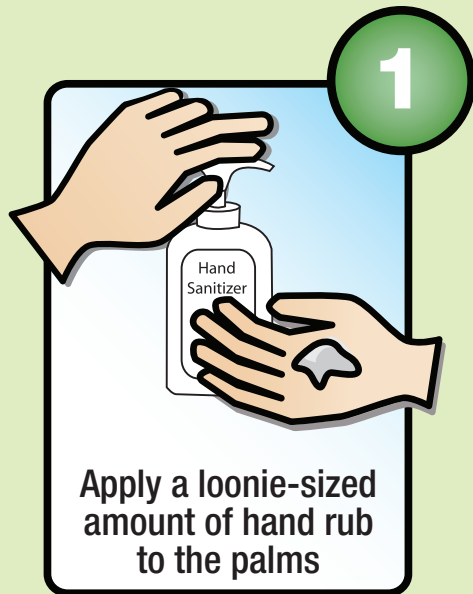
## Remember to wash your hands:

- before and after eating and/or preparing food
- after using the washroom, coughing or sneezing, using a tissue to wipe your nose, changing diapers and handling pets
- when your hands are dirty
- when you or someone you come into contact with is sick
- after using cleaners or disinfectants

For more information call or click **Your Health Connection** at  
**705-721-7520** or **1-877-721-7520** or **[www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)**

# Disinfecting with Hand Sanitizer

Alcohol-based hand rubs (60-90% alcohol) can be used to disinfect your hands if they are not visibly dirty.



When disinfecting with alcohol-based hand rubs, pay particular attention to the manufacturer's guidelines for use.

## Other things to keep in mind:

- keep nails short and clean
- make sure nail polish is not chipped
- clean between fingers, nail beds and wrists
- remove watches and jewelry when you clean

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