

# Wash hands to remove germs that can make you sick.

**15**  
seconds to  
remove  
germs

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!

**1** Wet Hands



**2** Apply Soap  
and lather



**3** Scrub  
Hands, wrists and  
under nails



**4** Rinse



**5** Dry hands  
(with paper towel)



**6** Close Tap  
(with paper towel)



When washing your hands pay particular attention to areas most often missed, like nails and between your fingers. Other things to keep in mind: keep nails short and clean; 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.

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



**simcoe  
muskoka**  
DISTRICT HEALTH UNIT