

# 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)



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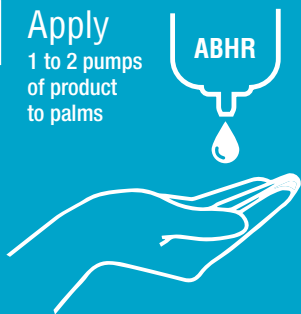
# Sanitize

with alcohol-based  
hand rub.

Alcohol-based hand rub (ABHR) kills the germs in 15 seconds and stops the spread of germs. Use ABHR when there is no access to water and soap for washing and when hands are not visibly dirty.

**15**  
seconds to  
kill germs

**1** Apply  
1 to 2 pumps  
of product  
to palms



**2** Rub  
hands together, palm to palm  
and then the back of each  
hand with palm



**3** Rub fingers  
including fingertips, thumbs  
and wrists



**4** Dry  
Rub until hands are dry  
(minimum of 15 seconds)



## Other things to keep in mind:

- Pay attention to the areas most often missed, like nails, wrists and between fingers.
- Keep nails short and clean.
- Remove watches and jewelry when you rub.
- If water and soap is not available and hands are visibly soiled use a moistened towelette first to remove dirt and then use alcohol-based hand rub.
- The product must contain 60 to 90% alcohol to kill the germs.

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