

Handwashing



Step 1:
Wet hands



Step 2:
Apply liquid soap



Step 3:
Scrub backs of hands, between fingers, thumbs and around fingernails for at least 20 seconds



Step 4:
Rinse



Step 5:
Towel or air dry



Step 6:
Turn off taps with towel

Remember, proper handwashing can remove germs that make you sick.



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.

