

# Handwashing



**Step 1:**  
Wet hands



**Step 2:**  
Apply liquid  
soap



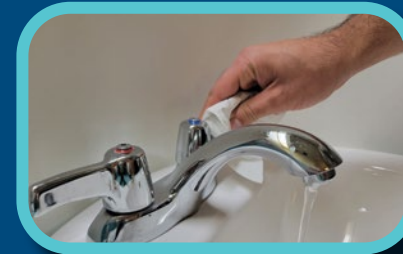
**Step 3:**  
Scrub backs of hands, between  
fingers, thumbs and around  
fingernails for at least 20 seconds



**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](http://durham.ca/health)

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

