

Step 1: Wet hands

## Handwashing



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.

