

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:
Dry hands



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
Dial 311 (within regional limits)
durham.ca/health



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