


# Handwashing

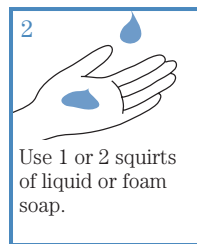
To wash hands properly, rub all parts of the hands and wrists with soap and water or an alcohol-based hand rub. Wash hands for at least 15 seconds or more. Pay special attention to fingertips, between fingers, backs of hands and base of the thumbs.

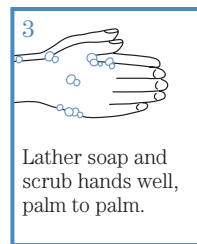
- Keep nails short
- Remove watches, rings and bracelets
- Do not use artificial nails
- Avoid chipped nail varnish
- Wash wrists and forearms if they are likely to have been contaminated
- Make sure that sleeves are rolled up and do not get wet during washing

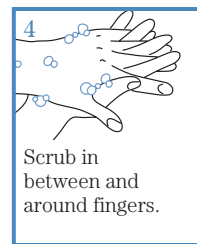
If you have any questions regarding cuts, sores, allergies or pre-existing skin conditions, call Telehealth Ontario at 1-866-797-0000, TTY 1-866-797-0007.

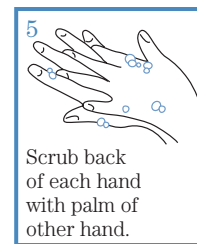
## Handwashing with soap and water

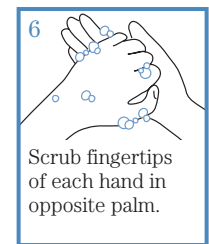
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Remove jewellery and wet hands and wrists with warm water.
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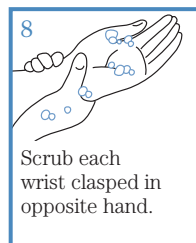
Use 1 or 2 squirts of liquid or foam soap.
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Lather soap and scrub hands well, palm to palm.
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Scrub in between and around fingers.
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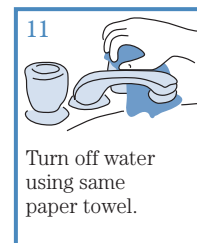
Scrub back of each hand with palm of other hand.
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Scrub fingertips of each hand in opposite palm.
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Scrub each thumb clasped in opposite hand.
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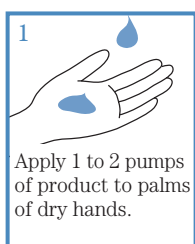
Scrub each wrist clasped in opposite hand.
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Rinse thoroughly under running water.
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Pat hands dry with paper towel.
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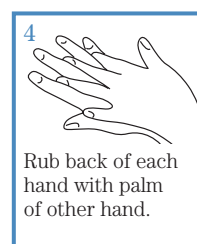
Turn off water using same paper towel.


## Cleaning with alcohol-based hand rub


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Apply 1 to 2 pumps of product to palms of dry hands.
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Rub hands together, palm to palm.
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Rub in between and around fingers.
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Rub back of each hand with palm of other hand.
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Rub fingertips of each hand in opposite palm.
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Rub each thumb clasped in opposite hand.
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Rub each wrist clasped in opposite hand.
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Rub hands until product is dry. Do not use paper towels.