

Prevent the Spread of Germs

Proper Handwashing



1 Wet Hands



2 Use liquid soap



3 Lather, rub and count 20



4 Rinse



5 Towel or air dry hands



6 Turn off taps with towel or your sleeve

Source: Handwashing, Health Canada, November 2006. Reproduced with the permission of the Minister of Public Works and Government Services Canada, 2009.

Hand Sanitizing

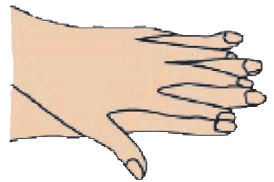
Hand sanitizing does not replace a proper handwashing technique. It should be used sparingly and only when soap and water are not available. It will be ineffective if hands are visibly soiled.



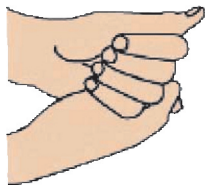
1 Place a drop of alcohol-based hand sanitizer, the size of a dime in your palm.



2 Rub hands together, palm to palm.



3 Rub back of each hand with palm and interlaced fingers of the other hand.



4 Rub around each thumb clasped in the opposite hand.



5 Rub fingertips of each hand backwards and forward in the opposite hand.

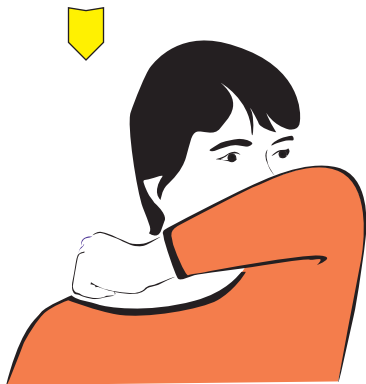


6 Keep rubbing until your hands are dry. Paper towels are not needed.

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Coughing & Sneezing *Without contaminating*

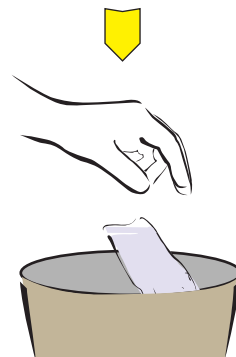
Use your inside sleeve



OR Use a Tissue



Throw into the garbage



Wash your hands or use hand sanitizer



Adapted with permission from Capital Health, Nova Scotia

If you are ill, avoid work, family and friends.