

BE A GERM BUSTER!

WASH YOUR HANDS

HANDWASHING IS THE SINGLE MOST EFFECTIVE WAY TO PREVENT THE SPREAD OF INFECTIONS! ¹



Don't forget:

- Between your fingers
- Under your nails
- The tops of your hands

1. Wet your hands
2. Soap
3. Lather and scrub for 20 seconds
4. Rinse for 10 seconds
5. Dry your hands
6. Turn off tap with paper towel

The 4 Principles of Hand Awareness ²

1. Wash your hands when they are dirty and BEFORE eating
2. DO NOT cough into your hands
3. DO NOT sneeze into your hands
4. Above all, DO NOT put your fingers into your eyes, nose or mouth

¹ Canadian Centre for Occupational Health and Safety (CCOHS)

² The 4 Principles of Hand Awareness have been endorsed by the AMA and AAFP