

# How to handwash

(when hands are visibly soiled)



JUST CLEAN  
YOUR HANDS

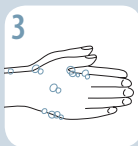
Lather hands for 15 seconds



1 Wet hands with warm water.



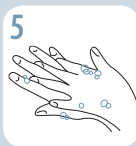
2 Apply soap.



3 Lather soap and rub hands palm to palm.



4 Rub in between and around fingers.



5 Rub back of each hand with palm of other hand.



6 Rub fingertips of each hand in opposite palm.



7 Rub each thumb clasped in opposite hand.



8 Rinse thoroughly under running water.



9 Pat hands dry with paper towel.



10 Turn off water using paper towel.



11 Your hands are safe.

For more information, please contact [handhygiene@oahpp.ca](mailto:handhygiene@oahpp.ca) or visit [publichealthontario.ca/JCYH](http://publichealthontario.ca/JCYH).