

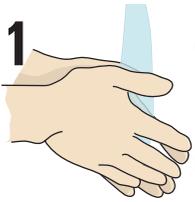


# A guide to proper handwashing techniques

As we move through the day we pick up germs from everything that we touch and spread them to others through direct or indirect contact. Many of these germs can cause influenza, infection, colds and other respiratory viruses.

While it is not possible to avoid picking up and spreading germs, it is possible to reduce the chance of infecting yourself or others by regularly and properly washing your hands.

## Proper handwashing techniques:



- 1 • Remove rings, bracelets and watches. Wet hands and wrists in warm, running water.



- 2 • Apply liquid soap or clean bar soap. Lather well.



- 3 • Rub hands vigorously for at least 10 to 15 seconds.



- 4 • Scrub fingertips, in between fingers, around fingers, the back of hands and wrists.



- 5 • Rinse hands and wrists thoroughly under running water.



- 6 • Dry hands with clean towel or paper towel.

If washing hands in a public restroom, rinse hands and leave the tap running. Then, after hands are dry, use towel to turn off faucet.

## Disinfecting with an alcohol based hand sanitizer:

If running water is not available, then an alcohol based hand sanitizer is a good substitute.



- 1 • Apply sanitizer to open palm.



- 2 • Rub hands together, palm to palm, to spread sanitizer around evenly.

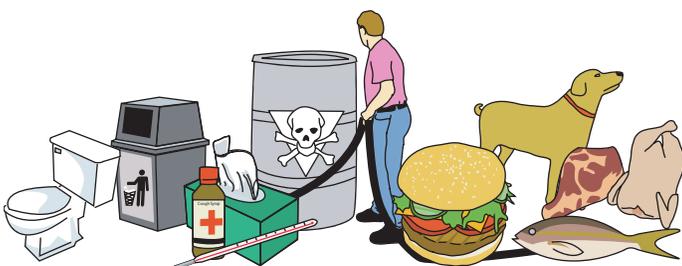


- 3 • Make sure to rub fingertips, in between fingers, around fingers, the back of hands and wrists.



- 4 • Keep rubbing until hands are dry.

## You should wash your hands:



- After using the washroom
- After handling garbage
- After being around sick people
- After sneezing or coughing

- Before and after eating
- Before and after handling raw fish, poultry or meat
- After handling animals
- After hauling cable or touching anything that has been on the ground
- After touching any toxic chemicals or products