How to…
Wash your hands

1. Wet hands
2. Use enough liquid soap to cover all areas of your hands
3. Lather and scrub hands for at least 15 seconds (rub finger tips, between fingers, back of hands, base of thumbs and wrists)
4. Rinse under warm, running water
5. Dry with paper towel
6. Turn off water with paper towel

Help protect yourself and others in only 15 seconds

For information contact:
Health Protection and Investigation
519-575-4400 (TTY 519-575-4608) • www.regionofwaterloo.ca/ph

Available in alternate formats upon request
Clean your hands!

Your hands can pass on harmful germs.

We carry many different germs on our hands everyday. These germs can make us sick (e.g. cold, flu, diarrhea). When done right, cleaning your hands often is one of the best ways to help stop the spread of germs.

Clean your hands before & after:
- Preparing and serving food
- Eating
- Putting on or taking off disposable gloves
- Treating a cut or wound
- Caring for someone that is sick

Clean your hands after:
- Handling raw meat
- Coughing, sneezing or blowing your nose
- Using the washroom
- Changing a diaper
- Handling animals or their waste

How to use alcohol-based hand rub

Note: If your hands look dirty, it is best to use soap and water.

1. Use enough alcohol-based hand rub to cover all areas of your hands
2. Rub hands for at least 15 seconds or until product is dry (rub finger tips, between fingers, back of hands, base of thumbs and wrists)

Gel vs. Foam: Use enough hand rub to allow for a 15 second rub. Foam can dry out quicker; more foam may be needed.

62% alcohol
Recommended for the general public

70% alcohol
Recommended for health care settings

Other ways to prevent the spread of germs:
- Cover your cough or sneeze
- Stay home when you are sick, return to work only when you feel better
- Clean and disinfect to remove dirt and germs from surfaces
- Prevent food-borne illness by handling food safely

Region of Waterloo
PUBLIC HEALTH

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