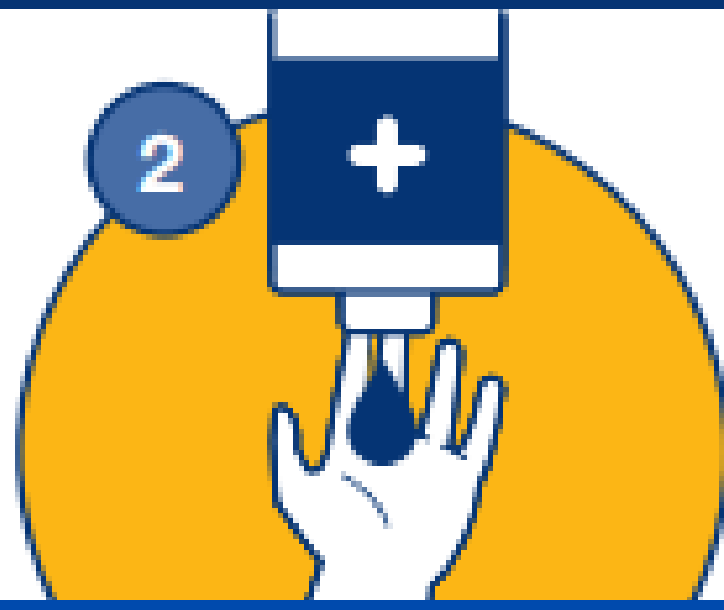


Hand Hygiene

HOW TO HAND WASH



Wet hands with warm (not hot or cold) running water



Apply liquid or foam soap



Lather soap covering all surfaces of hands for 20-30 seconds



Rinse thoroughly under running water



Pat hands dry with paper towel



Use paper towel to turn the tap off

HOW TO USE HAND RUB



Ensure hands are visibly clean



Apply a loonie-sized amount to your hands



Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)