

Did You Wash Your Hands?



1 Wet hands and apply soap



2 Rub hands briskly 15-20 seconds



3 Rinse hands well



4 Pat hands dry with paper towel



5 Turn off water with paper towel and discard

**Protect Yourself
Protect Your Family**

North Bay Parry Sound District
Health Unit

Bureau de santé
du district de North Bay-Parry Sound

myhealthunit.ca