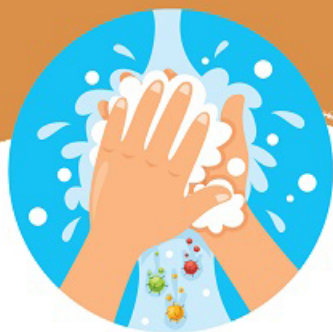


HOW TO WASH YOUR HANDS LIKE YOUR MOM IS WATCHING YOU



Follow these handwashing rules:

-  Remove jewellery or other items on your hands and wrists.
-  Wet your hand with warm water, apply soap – plain soap without antibacterial properties works best.
-  Rub your hands together outside the water stream for 20 seconds.
-  Wash the fronts and backs of your hands, between fingers, under fingernails.
-  Rub hands under warm running water for at least 10 seconds to rinse.
-  Leave the tap running while you dry your hands with a fresh paper towel.
-  Use the paper towel to turn off the taps so you don't re-contaminate your hands.
-  Use a paper towel to open the door if you are in a public washroom, otherwise deposit in trash.

Repeat often: before and after treating someone who is ill, toileting, eating, and cleaning.

Learn more: fraserhealth.ca/coronavirus