


Handwashing

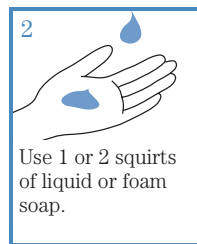
To wash hands properly, rub all parts of the hands and wrists with soap and water or an alcohol-based hand rub. Wash hands for at least 15 seconds or more. Pay special attention to fingertips, between fingers, backs of hands and base of the thumbs.

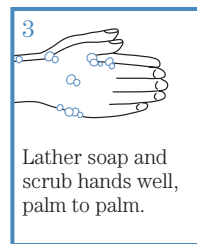
- Keep nails short
- Remove watches, rings and bracelets
- Do not use artificial nails
- Avoid chipped nail varnish
- Wash wrists and forearms if they are likely to have been contaminated
- Make sure that sleeves are rolled up and do not get wet during washing

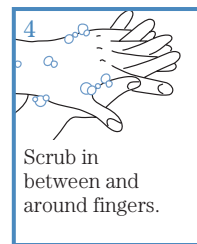
If you have any questions regarding cuts, sores, allergies or pre-existing skin conditions, call Telehealth Ontario at 1-866-797-0000, TTY 1-866-797-0007.

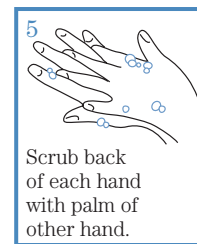
Handwashing with soap and water

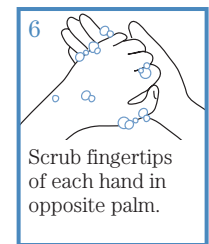
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1 Remove jewellery and wet hands and wrists with warm water.
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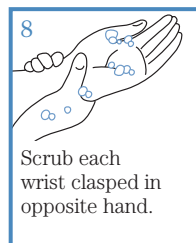
2 Use 1 or 2 squirts of liquid or foam soap.
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3 Lather soap and scrub hands well, palm to palm.
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4 Scrub in between and around fingers.
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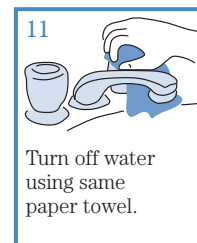
5 Scrub back of each hand with palm of other hand.
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6 Scrub fingertips of each hand in opposite palm.
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7 Scrub each thumb clasped in opposite hand.
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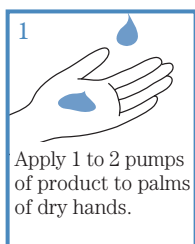
8 Scrub each wrist clasped in opposite hand.
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9 Rinse thoroughly under running water.
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10 Pat hands dry with paper towel.
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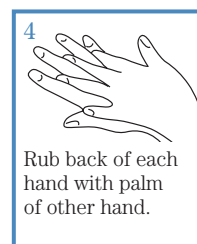
11 Turn off water using same paper towel.


Cleaning with alcohol-based hand rub


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1 Apply 1 to 2 pumps of product to palms of dry hands.
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2 Rub hands together, palm to palm.
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3 Rub in between and around fingers.
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4 Rub back of each hand with palm of other hand.
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5 Rub fingertips of each hand in opposite palm.
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6 Rub each thumb clasped in opposite hand.
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7 Rub each wrist clasped in opposite hand.
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8 Rub hands until product is dry. Do not use paper towels.