GERMS MAKE YOU SICK
WASH YOUR HANDS

1. Wet hands
2. Soap
3. Scrub palm to palm
4. Palm to back
5. Thumbs
6. Between fingers
7. Knuckles to palm
8. Fingertips
9. Wrists
10. Rinse
11. Dry
12. Use towel to turn off tap and open door

Scrub for at least 15 seconds, then rinse.

FIND MORE HANDWASHING RESOURCES AT: www.germsmart.ca