

# How to handwash

To wash hands properly, rub all parts of the hands and wrists with soap and water or an alcohol-based hand sanitizer. Wash hands for at least 20 seconds. Pay special attention to the areas of the hand most frequently missed.

- Keep nails short.
- Avoid wearing rings.
- Avoid artificial nails or nail varnish.
- Remove watches and bracelets.
- 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 further questions or concerns, please call **HEALTHLink** at 811.

Illustrations courtesy of Ontario Ministry of Health.

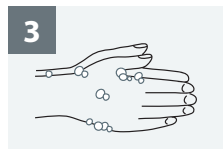
## Handwashing with soap and water



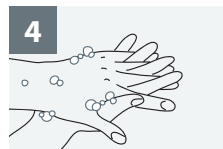
Wet hands and wrists.



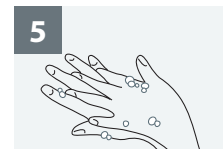
Use a sufficient amount of soap.



Lather soap and scrub hands well, palm to palm.



Scrub in between and around fingers.



Scrub back of each hand with palm of other hand.



Scrub fingertips of each hand in opposite palm.



Scrub each thumb clasped in opposite hand.



Scrub each wrist clasped in opposite hand.



Rinse thoroughly under running water.



Wipe and dry hands well with paper towel.

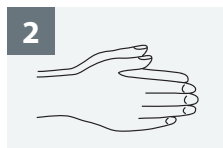


Turn off water using paper towel.

## Cleaning with alcohol sanitizers



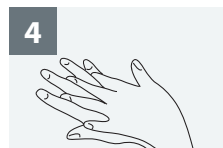
Apply enough sanitizer to open palms.



Rub hands together, palm to palm.



Rub in between and around fingers.



Rub back of each hand with palm of other hand.



Rub fingertips of each hand in opposite palm.



Rub each thumb clasped in opposite hand.



Rub each wrist clasped in opposite hand.



Keep rubbing until hands are dry. Paper towels are not needed.