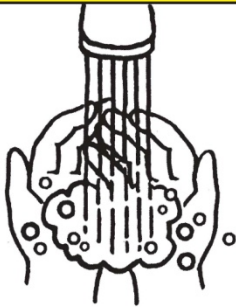




Hand Washing



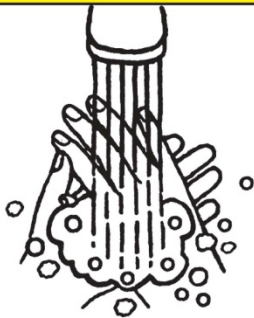
1. Wet hands.



2. Apply soap.



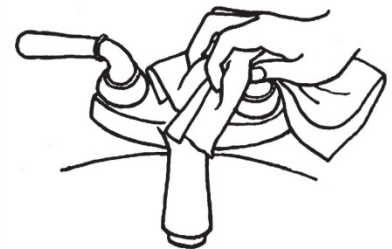
3. Lather for 15 seconds.
Rub between fingers,
back of hands,
fingertips, under nails.



4. Rinse well under
running water.



5. Dry hands well with
paper towel or hot air
blower.



6. Turn taps off with
paper towel, if
available.

Stop the Spread of Germs

Always Wash Your Hands

After you:

- Sneeze, cough or blow your nose
- Use the washroom or change diapers
- Handle garbage
- Play outdoors

Before and after you:

- Prepare or eat food
- Touch a cut or open sore

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Stop the Spread of Germs: Keep Your Hands Clean

Why is it important to keep hands clean?

Hands carry and spread germs. Touching your eyes, nose or mouth without first cleaning your hands may let germs into your body. Germs can also spread if a person sneezes or coughs into their hands and then touches an object such as a door handle, bus pole or telephone. The next person who touches these objects may pick up germs and get sick if they do not clean their hands before touching their eyes, nose or mouth.

When should I clean my hands?

When hands are visibly dirty.

After:

- sneezing, coughing, blowing your nose
- using the washroom
- handling garbage
- changing diapers
- handling raw foods
- outdoor play

Before and after:

- preparing and eating food
- touching a cut or open sore
- touching eyes, nose or mouth

What's the best way to wash hands with soap and water?

Wet hands with warm water and apply soap. Lather for 15 seconds. Scrub entire hand, including back of hands, between fingers and under nails. Rinse well under running water. Dry hands well with paper towel or hot air blower. Turn taps off with paper towel, if available.

When can I use hand sanitizers instead of soap and water?

Hand sanitizers are very useful when soap and water are not available. If your hands are not visibly dirty, then alcohol-based (minimum 70%-90%) hand sanitizers, gels or rinses will reduce germs. If hands are visibly dirty, wash with soap and water. People who are preparing food should wash their hands using soap and water rather than using hand sanitizers.

What's the best way to use hand sanitizer?

Choose a sanitizer containing at least 70% alcohol. Apply a small amount and rub hands together, spreading the sanitizer over the hands to include fingertips and under fingernails. Rub hands together for at least 15 seconds until dry.

Is hand sanitizer safe for children?

Yes. Young children should be supervised to make sure the sanitizer is used properly.

Should I use hand lotion after cleaning my hands?

Yes. Dry skin is not uncommon when you clean your hands often, especially during the winter. Dry skin can crack, which may provide an opening for germs to enter your body. To prevent dry skin, you may use soap or an alcohol-based hand sanitizer with lotion already added or use lotion (water-based is preferred) after cleaning your hands.

Where can I get more information?

Call Ottawa Public Health: 613-580-6744; TTY: 613-580-9656 or visit our website at www.OttawaPublicHealth.ca.

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