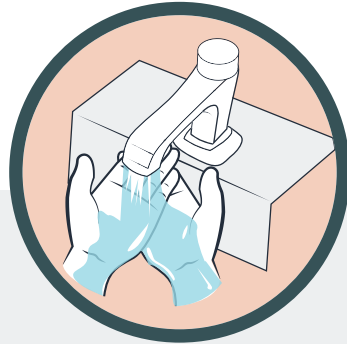
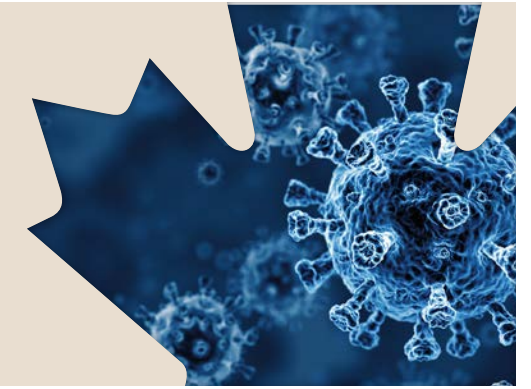


# Reduce the spread of COVID-19: Wash your hands infographic



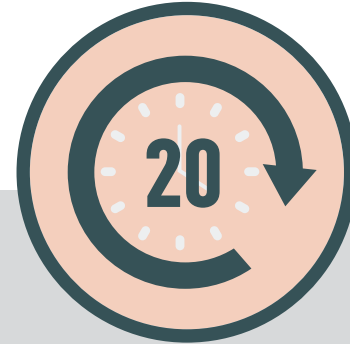
## STEP 1:

Wet hands with water.



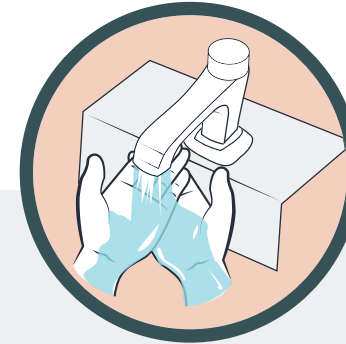
## STEP 2:

Apply soap.



## STEP 3:

**While hands are out of water,** rub hands together for at least 20 seconds (including your palms, back of each hand, between fingers, thumbs and under nails).



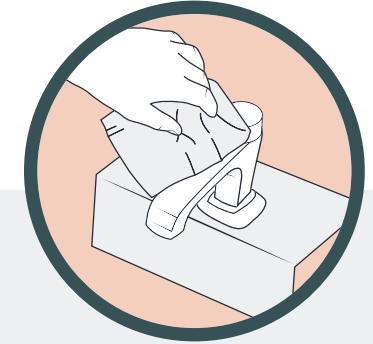
## STEP 4:

Rinse well with water.



## STEP 5:

Dry hands well with paper towel.



## STEP 6:

Turn off tap using paper towel.



If soap and water aren't available, use a hand sanitizer containing at least 60% alcohol. Rub your hands together (as shown in Step 3) until dry.

For more information:  1-833-784-4397  [Canada.ca/coronavirus](https://Canada.ca/coronavirus)