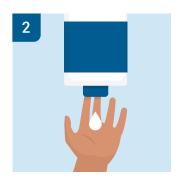
Stop the spread of germs

WASH YOUR HANDS

for 20 seconds using the following steps



Wet hands



Apply soap



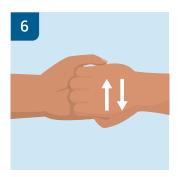
Rub hands palm to palm



Lather the backs of your hands



Scrub between your fingers



Rub the backs of fingers on the opposing palms



Clean thumbs



Wash fingernails and fingertips



Rinse hands



Dry with a single use towel



Use the towel to turn off the faucet and open the door



Dispose of towel in the garbage



The Leeds, Grenville & Lanark District Health Unit

Call Brockville 613-345-5685 or Smiths Falls 613-283-2740 or 1-800-660-5853

www.healthunit.org