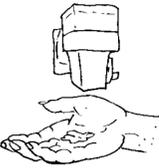
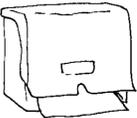


Clean Your Hands

Hand Washing	Hand Sanitizing
 <p>Wet hands with warm running water.</p>	<p>If your hands look dirty: STOP Wash them with soap and water first.</p> <p>If your hands look clean: GO Hand sanitize.</p>
 <p>Apply liquid soap.</p>	 <p>Apply the alcohol-based hand rub to your hands (minimum 60% alcohol).</p> <ul style="list-style-type: none"> ➤ A thumbnail-sized amount is sufficient. <p>If you just washed your hands, be sure they are completely dry or the moisture left could dilute the alcohol and reduce its effectiveness.</p>
 <p>Lather hands. Be sure to scrub:</p> <ul style="list-style-type: none"> ➤ between your fingers ➤ your fingertips and fingernails, ➤ the back of your hands and wrists. <p>You should wash your hands for 20 seconds – the time it takes to sing “Happy Birthday” twice</p>	 <p>Rub your hands together. Don't forget:</p> <ul style="list-style-type: none"> ➤ between your fingers ➤ your fingertips and fingernails, ➤ the back of your hands and wrists. <p>Rub your hands until the alcohol evaporates. Hands will feel dry in about 15 seconds.</p>
 <p>Rinse well under running water.</p>	
 <p>Dry your hands with paper towels.</p>	
 <p>Use the paper towel to turn off the taps.</p>	

For more information contact the Infectious Disease Control Team at 519-663-5317 ext. 2330 or go to www.healthunit.com

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