



COVID-19

Keeping Each Other Healthy

PROPER HAND WASHING

Washing your hands frequently with soap and water is the best way to reduce the spread of germs.



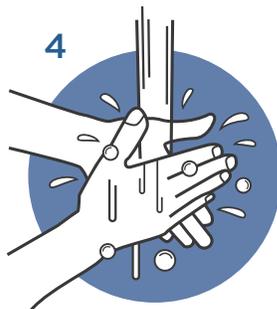
Wet your hands with warm running water



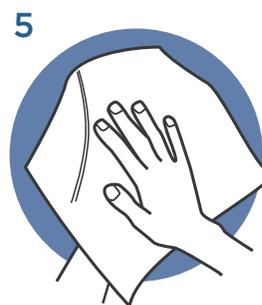
Apply soap and scrub for 15-20 seconds



Wash backs, thumbs, between fingers, and under nails



Rinse off soap under running water



Dry your hands with a clean towel



Turn off tap with a towel

When soap and water are not available, alcohol-based hand sanitizers can be used if hands are not visibly soiled.

Source: novascotia.ca/coronavirus

