

THE POWER IS IN YOUR HANDS

Clean hands protect everyone



Wet hands
with water



Apply soap



Rub palm
to palm



Scrub the back of
each hand



Interlace fingers



Clean fingertips
and nails



Rinse thoroughly



Dry hands with a
clean towel and use
towel to turn off tap

When to wash your hands

- ✓ When you arrive at and leave work
- ✓ Before and after going on a break
- ✓ After handling materials the public may have touched
- ✓ Before and after using personal protective equipment (i.e. mask)
- ✓ After using the washroom
- ✓ Before and after handling shared equipment



Want to learn more?

Take the online Infection Prevention course to protect yourself and help prevent the spread of infection.



SafeCare BC
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