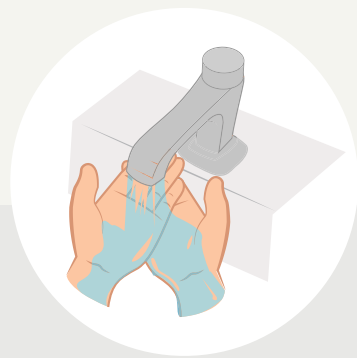


REDUCE THE SPREAD OF COVID-19

WASH YOUR HAND.



1

Wet your hands
with clean,
running water



2

Apply soap



3

For at least
20 seconds, make
sure to wash:



4

Rinse your hands



5

Dry hands well
with paper towel



6

Turn off tap using
paper towel



Palm and back
of each hand



between
fingers



under nails



the thumbs



Public Health
Agency of Canada



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