

# PROTECT YOURSELF

## *Handwashing*



- 1 Wet hands with warm running water.
- 2 Rub soap all over hands and between fingers for 15-20 seconds, or the length of time it takes to sing Happy Birthday.
- 3 Rinse hands under warm running water.
- 4 Dry hands with a clean cloth or paper towel.
- 5 Turn off tap with towel.
- 6 Dispose of paper towel in a garbage container. Place cloth towel in laundry hamper or hang to dry.

*If soap and water are not available,  
clean hands with a hand gel containing 60 per cent alcohol.*



- 1 Remove all rings.
- 2 Apply a small amount of hand sanitizer to palm.
- 3 Rub hands together covering all surfaces of your hands.
- 4 Rub until the hands are dry. Do not use a towel to dry your hands.

For more  
information, go to:  
[www.saskatoonhealthregion.ca](http://www.saskatoonhealthregion.ca)