

GERMS MAKE YOU SICK WASH YOUR HANDS



- 1 Wet hands**
 - 2 Soap**
 - 3 Scrub palm to palm**
 - 4 Palm to back**
 - 5 Thumbs**
 - 6 Between fingers**
 - 7 Knuckles to palm**
 - 8 Fingertips**
 - 9 Wrists**
 - 10 Rinse**
 - 11 Dry**
 - 12 Use towel to turn off tap and open door**
- Your Hands are Clean!**

Scrub for at least 15 seconds, then rinse.

Find more handwashing resources at: www.germsmart.ca

