



HAND SANITIZING

1



Apply sanitizer (minimum 70% alcohol-based).

2



Rub hands together.

3



Work sanitizer between fingers, back of hands, fingertips, under nails.

4



Rub hands until dry.

STOP THE SPREAD OF GERMS

ALWAYS SANITIZE YOUR HANDS

AFTER YOU:

- Sneeze, cough or blow your nose
- Use the washroom or change diapers
- Handle garbage
- Play outdoors

BEFORE AND AFTER YOU:

- Prepare or eat food
- Touch a cut or open sore

If your hands are visibly dirty use soap and water

Adapted with permission from Toronto Public Health