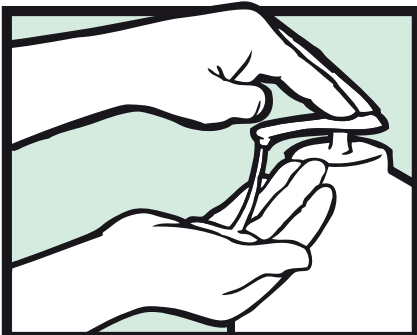


Handwashing with Soap and Water

Protect Yourself and others
from COVID-19



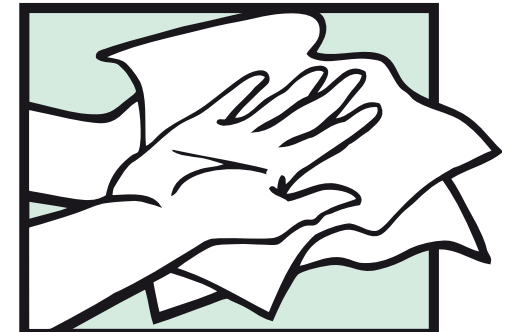
1 **Remove jewelry.**
Wet hands with warm water, add soap to palms and rub hands together to create lather.



2 **Thoroughly cover all surfaces** of your hands and fingers with lather and work fingertips into palms to clean under nails.



3 **Rinse hands well** under warm running water.



4 **Dry with a single-use towel** and then use towel to turn off the tap.

*Hands should be washed for a minimum of 20-30 seconds.
To help children wash long enough, say the ABC's or sing
"Twinkle, Twinkle Little Star."*

For more information on COVID-19, visit:
<http://www.bccdc.ca>