

WASHING YOUR HANDS

1

Wet hands under warm running water.



2

Add soap to remove germs.



3

Rub hands together for **30 seconds**, making lots of bubbles.



4

Rinse hands well.



5

Dry hands with paper towel. Use paper towel to turn off taps.



Renfrew County and District Health Unit
"Optimal Health for All in Renfrew County and District"