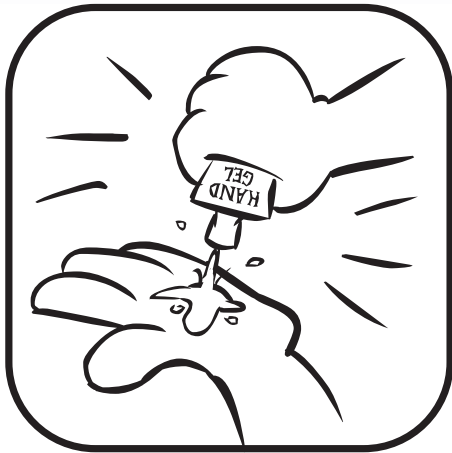


# PROTECT YOURSELF

## *Hand Hygiene*

### *Hand Sanitizer (containing 70 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.

### *Soap & Water (when hands are visibly soiled, or when gastrointestinal illness is present)*



- 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.

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

