

# Did You Wash Your Hands?



**1** Wet hands and apply soap



**2** Rub hands briskly for 15-20 seconds



**3** Rinse well



**4** Pat hands dry with paper towel



**5** Turn off water with paper towel and discard

**Protect Yourself  
Protect Your Family**

North Bay Parry Sound District  
**Health Unit**



**Bureau de santé**  
du district de North Bay-Parry Sound