

# Did You Wash Your Hands?



**1** Wet hands  
and apply  
soap



**2** Rub hands  
briskly 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