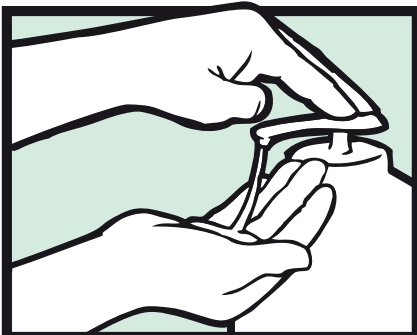


# Handwashing with Soap and Water

Protect Yourself and others  
from COVID-19



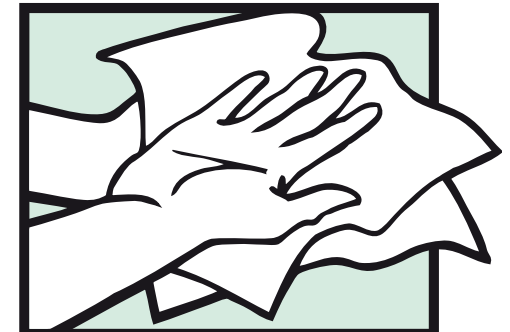
**1** **Remove jewelry.**  
Wet hands with warm water, add soap to palms and rub hands together to create lather.



**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>



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