Handwashing Guidelines

Prevent spreading germs that can cause many infectious diseases

1 Always use warm running water and a mild soap.

2 Wet your hands and apply some soap.

3 Rub your hands together vigorously until you see a soapy lather. Keep rubbing thoroughly for at least 20 to 30 seconds.

4 Rinse your hands under warm running water. Leave the water running while you dry your hands.

5 Dry your hands with a clean, disposable towel. Be careful not to touch the faucet handles or the towel holder with your clean hands.

6 Turn the faucet off with the towel. Use the towel on the door handle as well, then throw the towel into the trash.

To find a Red Cross First Aid course in your area scan the QR code, or:

redcross.ca/firstaid | **1.877.356.3226**

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