How to properly wash hands

To wash hands properly, rub all parts of the hands and wrists with soap and water or an alcohol-based hand sanitizer. Wash hands for at least 20 seconds or more. Pay special attention to the areas of the hand most frequently missed.

• Keep all nails short
• Avoid wearing rings
• Avoid artificial nails or nail polish
• Remove watches and bracelets
• Wash wrists and forearms if they are likely to have been contaminated
• Make sure that sleeves are rolled up and do not get wet during washing.

Illustrations courtesy of Ontario Ministry of Health