

# Correct Handwashing Procedure

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- 1. Wet hands with warm water**



- 2. Apply soap**



- 3. Lather; scrub hands for at least 15 seconds**



- 4. Rinse**



- 5. Towel dry**



- 6. Turn taps off with towel**



Environmental Health & Lifestyle Resources  
Food Safety & Infection Control Program  
99 Regina St S  
Waterloo ON N2J 4V3  
519-883-2008





Region of Waterloo  
PUBLIC HEALTH

# FACT SHEET

## Six Simple Steps to Help Keep You Healthy

1. Wash your hands often using soap and water or an alcohol-based hand sanitizer.

Ensure hands are washed:

- After coughing, sneezing or blowing your nose
- After shaking hands
- Before eating
- Before putting in contact lenses
- Before touching your face
- After using the washroom



2. Avoid touching your face as much as possible.
3. Cough and sneeze into a tissue or your elbow. Throw out used tissues right away.
4. Do not share objects that have been in other people's mouths, e.g. toothbrushes, drinks and water bottles, unwashed utensils, cigarettes, lip products, and mouthpieces of musical instruments.
5. Continue doing what you normally do, but stay home if you feel sick. You can return to work or school one day after you are symptom free. Staying home will help prevent the spread of infections to co-workers and the general public.
6. Frequently clean common surfaces such as keyboards, doorknobs, countertops, etc., with warm soapy water, or a mild household detergent.

### Symptoms of influenza include:

- Fever
- Cough
- Sore throat
- Headache
- Sore muscles
- Joint pain
- Sometimes diarrhea and vomiting

For more information, contact Region of Waterloo Public Health at 519-883-2289 or visit our website at [www.region.waterloo.on.ca/ph](http://www.region.waterloo.on.ca/ph)

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