

# Hand Washing Steps



Wet hands.



Apply soap.



Rub hands briskly  
15–20 seconds.



Rinse hands well.



Pat hands dry  
with paper towel.



Turn off water  
with paper towel.

Protect yourself.  
Protect your family.

[myhealthunit.ca](http://myhealthunit.ca)

North Bay Parry Sound District  
**Health Unit**



**Bureau de santé**  
du district de North Bay-Parry Sound