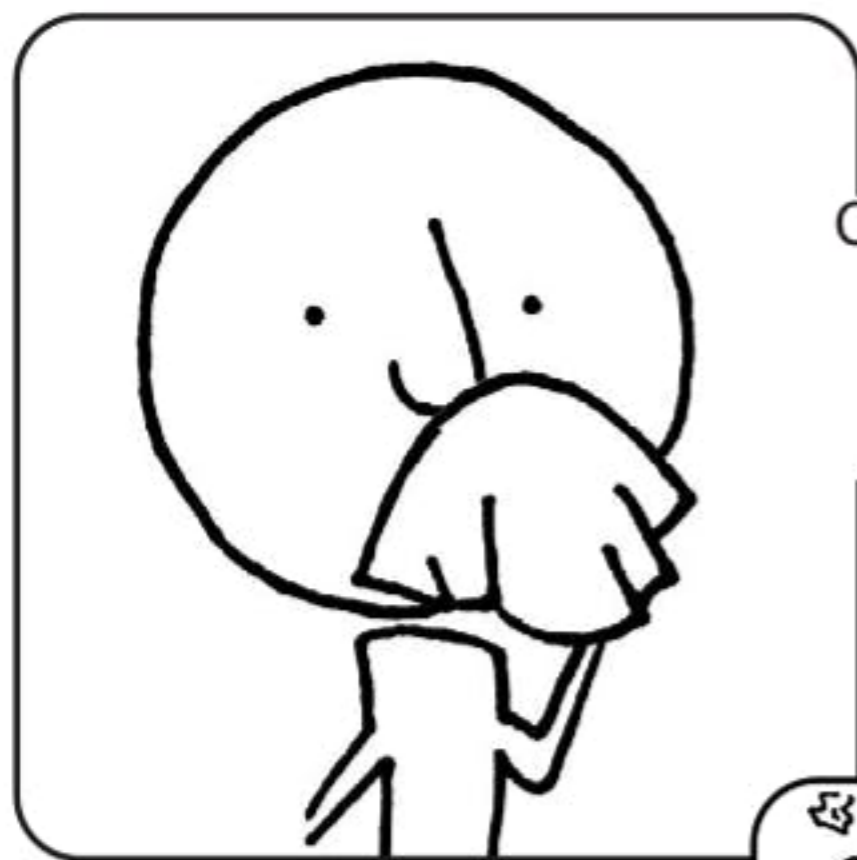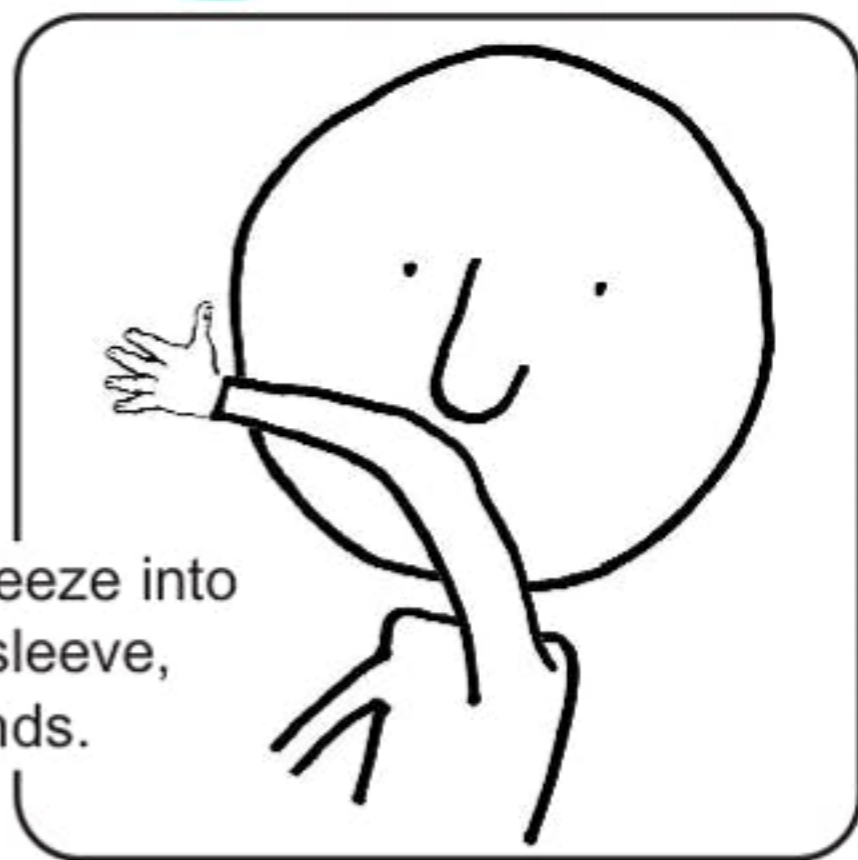# Stop the spread of germs that make you and others sick!

Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze

or

cough or sneeze into your upper sleeve, not your hands.

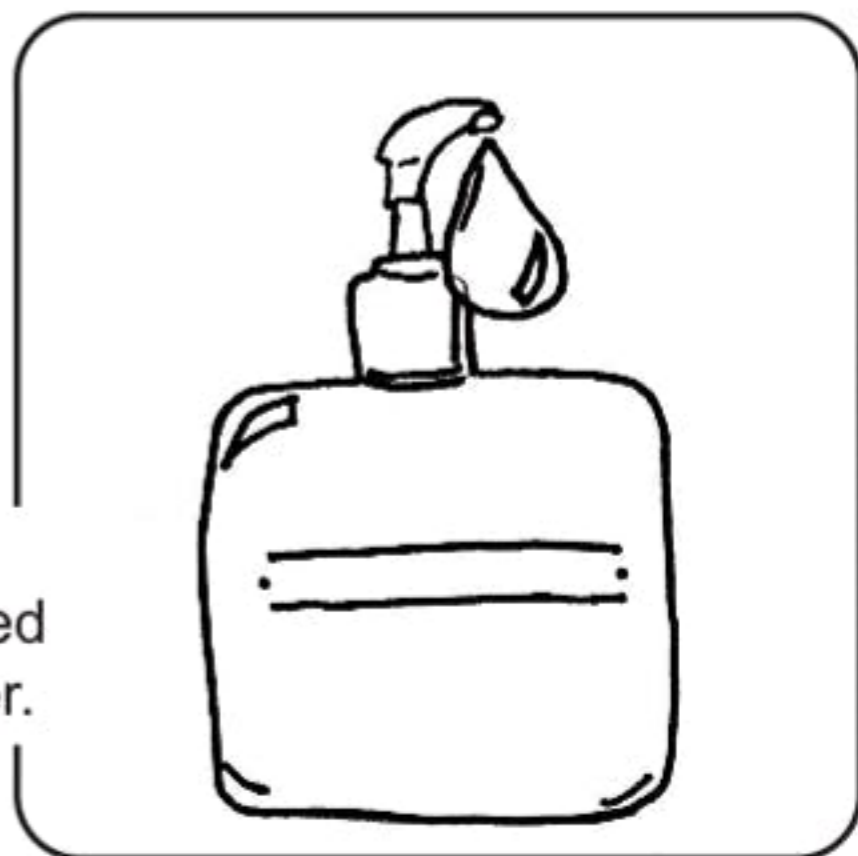Put your used tissue in the waste basket.

Clean your Hands

after coughing or sneezing.

Wash hands with soap and warm water

or

clean with alcohol-based hand cleaner.

How to hand**rub**

Rub hands for 15 seconds

1 Apply 1 to 2 pumps of product to palms of dry hands.

2 Rub hands together, palm to palm.

3 Rub in between and around fingers.
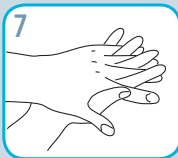
4 Rub back of each hand with palm of other hand.
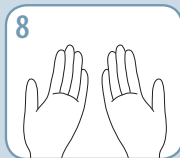
Rub hands for 15 seconds

5 Rub fingertips of each hand in opposite palm.

6 Rub each thumb clasped in opposite hand.

7 Rub hands until product is dry. Do not use paper towels.
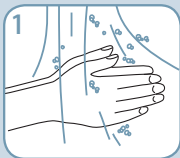
8 Once dry, your hands are safe.

JUST CLEAN YOUR HANDS

Ontario

How to hand**wash**

1 Wet hands with warm water.

2 Apply soap.
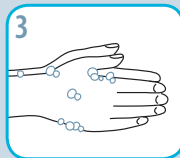
3 Lather soap and rub hands palm to palm.

4 Rub in between and around fingers.

5 Rub back of each hand with palm of other hand.

6 Rub fingertips of each hand in opposite palm.

7 Rub each thumb clasped in opposite hand.

8 Rinse thoroughly under running water.

9 Pat hands dry with paper towel.

10 Turn off water using paper towel.

11 Your hands are now safe.

JUST CLEAN YOUR HANDS

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For more information, please contact handhygiene@oahpp.ca or visit publichealthontario.ca/JCYH

Ontario

Do NOT touch the T zone!

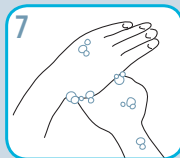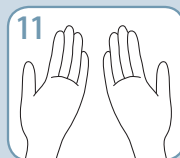mucous membranes of your eyes, nose or mouth

HENRY THE HAND®

CHAMPION HANDWASHER
HENRY THE HAND®
www.henrythehand.com

The 4 Principles of Hand Awareness

1. WASH your hands when they are dirty and BEFORE eating.

2. DO NOT cough into your hands.

3. DO NOT sneeze into your hands.

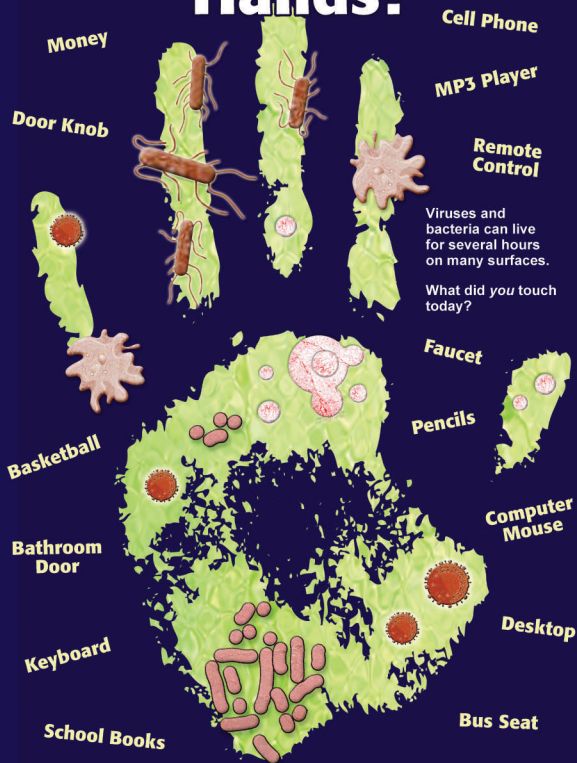**4.** Above all, **DO NOT** put your fingers into your eyes, nose or mouth!

Spread the word not the germs!
Visit www.henrythehand.com

The 4 Principles of Hand Awareness have been endorsed by the AMA & AAFP

©2008 William P. Sawyer, M.D

What's on *YOUR* Hands?

Money

Cell Phone

MP3 Player

Door Knob

Remote Control

Viruses and bacteria can live for several hours on many surfaces.

What did *you* touch today?

Faucet

Pencils

Basketball

Computer Mouse

Bathroom Door

Keyboard

Desktop

School Books

Bus Seat

Wash Those Germs Away!