

# Fact Sheet

## Handwashing

The most important thing we can all do to limit the spread of COVID-19 is to wash our hands.

Handwashing is the best way to prevent the spread of illness.

When soap and water are not available, use hand sanitizer with an alcohol content of at least 60 per cent.

Hands must be thoroughly dried, preferably using disposable tissues or towels.

Use the disposable towel to open the door.

Handwashing and drying should always be done after coughing, sneezing or handling used tissues or after touching objects, materials or hard surfaces that may have been contaminated by someone with an infectious illness.

Handwashing and drying should always be carried out after using the washroom; before and after eating; after playing outside; after blowing your nose, coughing or sneezing; and anytime hands are visibly soiled.

Here's the recommended technique for good hand hygiene:

- **Wet hands, preferably with warm water and apply liquid soap**
- **Rub hands vigorously together and rub all areas (in between fingers, palms, nails, etc.)**
- **Wash for 20 seconds (about the same time it takes to sing Happy Birthday twice)**
- **Rinse well and dry hands thoroughly**

Schools will remind students to wash their hands often.

In fact, we'll take regular breaks to wash our hands.

We invite parents/guardians to reinforce this practice at home.

## How to wash your hands



**1 Wet**



**2 Soap**



**3 Scrub**



**4 Rinse**



**5 Dry**