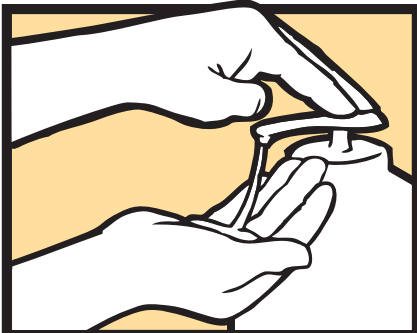


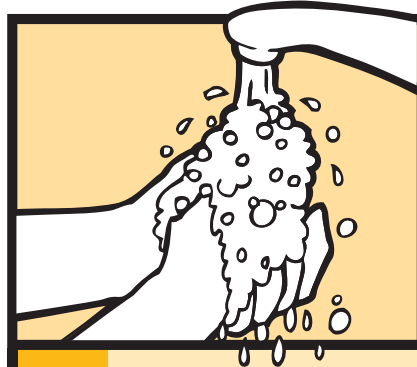
Handwashing with Soap and Water

Protect Yourself and others from influenza

Viruses can live on hard surfaces for up to 2 days, and on hands for up to 5 minutes. Wash your hands often to keep yourself and others healthy.



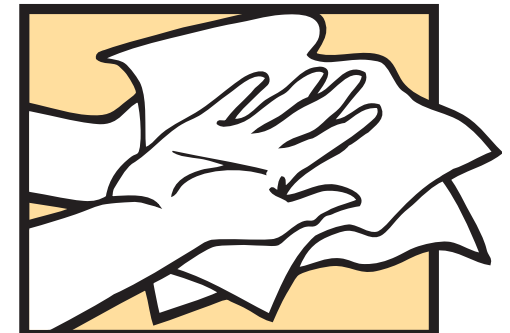
1 **Remove jewelry.**
Wet hands with water, add soap to palms and rub hands together to create lather.



2 **Thoroughly cover all surfaces** of your hands and fingers with lather and work fingertips into palms to clean under nails.



3 **Rinse hands well** under running water.



4 **Dry with a single-use towel** and then use towel to turn off the tap.

Hands should be washed for a minimum of 10-20 seconds. To help children wash long enough, say the ABC's or sing "Twinkle, Twinkle Little Star."

For more information, visit www.gov.bc.ca/h1n1



Pandemic Influenza Preparedness