

Appendix E: Hand Hygiene

To get a printable version of this poster, go to the following URL:
www.health.gov.bc.ca/pandemic/pdf/handwash_soap.pdf

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 warm 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 warm 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.health.gov.bc.ca/pho/influenza.html

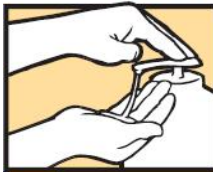


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www.health.gov.bc.ca/pandemic/pdf/handwash_sanitizer.pdf

Cleaning Hands with Sanitizer

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** and apply enough product to keep hands moist for 15 seconds.



2 **Rub product** in palms and thoroughly cover all surfaces of the hands and fingers, including the backs and each thumb.



3 **Rub fingertips** of each hand in opposite palm.



4 **Keep rubbing** until hands are dry.

Do not use hand sanitizer with water. Do not use paper towels to dry hands.

Note: Wash hands with soap and water if hands are visibly dirty.
Some manufacturers recommend washing hands with soap and water after 5-10 applications of gel.

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