

How to... Wash your hands

Help protect
yourself and
others in only
15
seconds

Drag the sentences under the correct picture.

Dry your hands with a
clean towel.

Rinse well under warm
running water.

Rub on regular soap and
lather well for at least 15
seconds.

Turn off the water with
a paper towel.

Wash all areas of your
hands and wrists.

Wet your hands with
warm running water.



Adapted from: Region of Waterloo, Public Health "How to Wash Your Hands" poster