

# How to... Wash your hands

Help protect  
yourself and  
others in only  
**15**  
seconds

Put the pictures in the correct order. Then put the sentences under the correct picture.

Step 1		Step 2		Step 3	
					
Step 4		Step 5		Step 6	
					



Wet your hands with warm running water.

Rinse well under warm running water.



Turn off the water with a paper towel.

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



Dry your hands with a clean towel.

Wash all areas of your hands and wrists.



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