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.

Turn off the water with a paper towel.

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.

Wash all areas of your hands and wrists.

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

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