Prevent Illness by Washing Your Hands

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. Wet Your Hands.
2. Apply Liquid Soap.
3. Lather and Scrub - 20 seconds.
4. Rinse - 10 seconds.
5. Dry Your Hands.
6. Turn Off Tap.

For more information, please visit our website: www.fnha.ca/environmentalhealth