



First Nations Health Authority  
Health through wellness

# Prevent COVID-19 (novel coronavirus) by Washing Your Hands

Wash your hands often to keep your community safe and healthy.



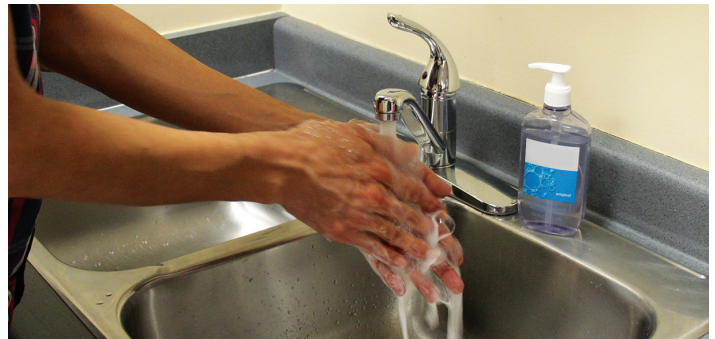
**1. Wet your hands.**



**2. Apply enough liquid soap to cover your hands.**



**3. Lather and scrub your whole hand, including the front, back and fingers - 20 seconds.**



**4. Rinse - 10 seconds.**



**5. Dry your hands with a paper towel.**



**6. Turn off tap with the paper towel.**

For more information: <https://www.fnha.ca/coronavirus>