



(905) 522-6887 | www.stjosephshomecare.ca

Keep yourself safe

St. Joseph's
Home Care

DOWN & DIRTY FACTS ON HAND WASHING

1) WHY do you need to wash our hands?

- To protect yourself against harmful germs.
- To prevent spreading of germs to your loved ones

2) WHEN should you wash your hands

- After using the toilet
- Before and after a meal & when handling food
- Coughing, sneezing or blowing your nose (remember to cough or sneeze into your arm and not your hands)
- After handling money

3) HOW do you wash your hands?

- Rub all parts of hands and wrists with soap and water or an alcohol based rub
- Wash hands for 15 seconds or more
- Pay special attention to fingertips, between fingers, backs of hands and base of the thumbs