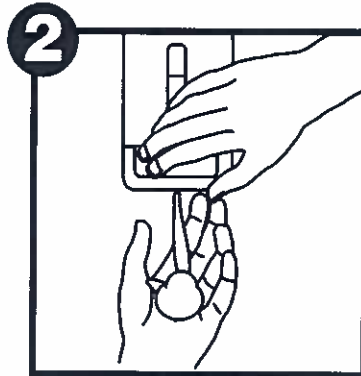


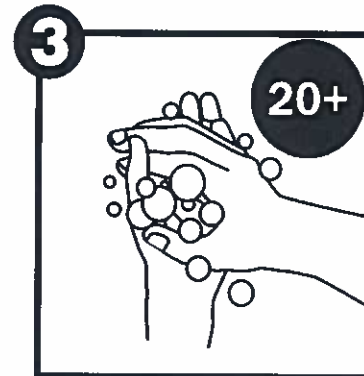
REDUCE YOUR RISK OF CATCHING COVID-19



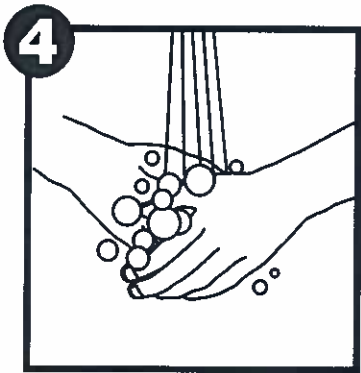
Wet hands.



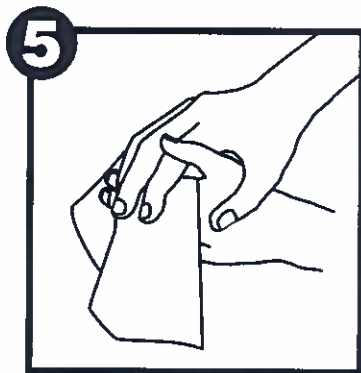
Apply soap.



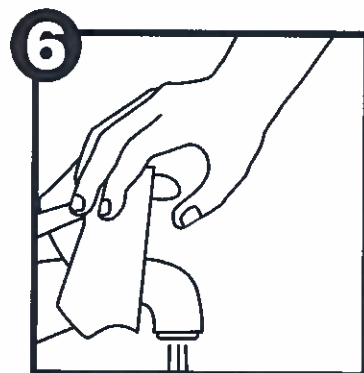
Wash hands for at least 20 seconds (i.e. palms, back of hand, between fingers, thumbs, and under nails).



Rinse well under running water.



Dry hands well with paper towel or air-dry.



Turn taps off with paper towel.

HAND WASHING GUIDE

Wash your hands frequently e.g.:

- After you sneeze, cough, blow your nose, or use the washroom
- Before and after you touch your face, change diapers, touch a cut or open sore, prepare or eat food, or handle garbage



As different interpretations may exist and information changes, please consult Health Canada's website, www.canada.ca/public-health, for the latest information and health advice

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