



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Hand Hygiene

SOAP OR ALCOHOL-BASED HAND RUB: Which is best?



Either will clean your hands: use soap and water if hands are visibly soiled.



Remove hand and wrist jewellery

HOW TO HAND WASH

1

Wet hands with warm (not hot or cold) running water

2

Apply liquid or foam soap

3

Lather soap covering all surfaces of hands for 20-30 seconds

4

Rinse thoroughly under running water

5

Pat hands dry thoroughly with paper towel

6

Use paper towel to turn off the tap

HOW TO USE HAND RUB

1

Ensure hands are visibly clean (if soiled, follow hand washing steps)

2

Apply about a loonie-sized amount to your hands

3

Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)

COVID19_HH_001



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If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

