



# 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

