

REDUCE THE SPREAD OF COVID-19 BY WASHING YOUR HANDS



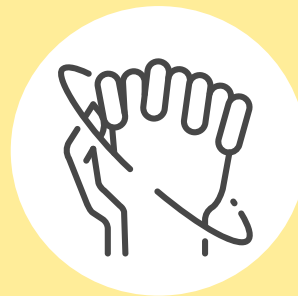
1
REMOVE rings, bracelets, and watch.
WET hands and wrists in warm, running water.



2
APPLY liquid soap.



3
FOR AT LEAST 20 SECONDS
RUB hands vigorously.



SCRUB in between fingers and the palms, and back of hands and wrists.



SCRUB fingertips, fingernails, and around fingers.



4
RINSE hands and wrists under running water.



5
DRY hands well with paper towel.



DISINFECTING WITH HAND SANITIZER

1. APPLY sanitizer to open palm.
2. RUB hands together, palm to palm.
3. Spread evenly.
4. Make sure to rub finger-tips, in between fingers, back of hands and wrists.
5. Keep rubbing until hands are dry.

For more COVID-19 related resources, please visit actsafe.ca/covid-19-resources-for-the-arts-and-entertainment-industries