



First Nations Health Authority
Health through wellness

Prevent Illness by Washing Your Hands

Viruses can live on hard surfaces for up to 2 days, and on hands for up to 5 minutes.
Wash your hands often to keep yourself and others healthy



1. Wet Your Hands.



2. Apply Liquid Soap.



3. Lather and Scrub - 20 seconds.



4. Rinse - 10 seconds.



5. Dry Your Hands.



6. Turn Off Tap.

For more information, please visit our website:
www.fnha.ca/environmentalhealth