



Coronavirus

How to stay safe: Handwashing



The most important thing is to wash your hands regularly with **soap** and **warm water**.

Rub the soap in well and wash your hands for 15 seconds each time.

This is the same time as it takes to sing Happy Birthday 2 times.

[Public Health Ontario: Handwashing Picture Guide](#)

[Watch a video: How to handwash](#)

Wash your hands every time you...



cough or
sneeze



are going to
eat



get home or to
work



use the toilet



Cough or sneeze in your sleeve.



Try not to touch your face with your hands.