WASH YOUR HANDS.

1. Wet hands with warm water
2. Apply soap
3. For at least 20 seconds, make sure to wash:
   - palm and back of each hand
   - between fingers
   - under nails
   - thumbs
4. Rinse well
5. Dry hands well with paper towel
6. Turn off tap using paper towel

For more information visit: alberta.ca/covid19. If you have health concerns, call Health Link by dialing 811.