



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](http://www.fnha.ca/environmentalhealth)