![First Nations Health Authority logo] **First Nations Health Authority**
Health through wellness

Prevent COVID-19 (novel coronavirus) by Washing Your Hands

Wash your hands often to keep your community safe and healthy.

1. Wet your hands.

2. Apply enough liquid soap to cover your hands.

3. Lather and scrub your whole hand, including the front, back and fingers - 20 seconds.

4. Rinse - 10 seconds.

5. Dry your hands with a paper towel.

6. Turn off tap with the paper towel.

For more information: https://www.fnha.ca/coronavirus