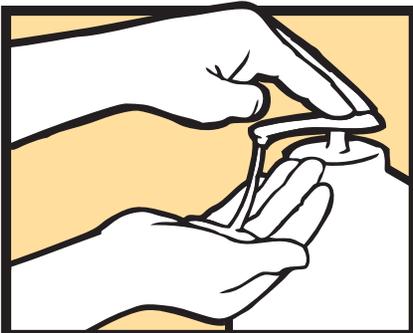


# Handwashing with Soap and Water

Protect Yourself and others from influenza

*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.*



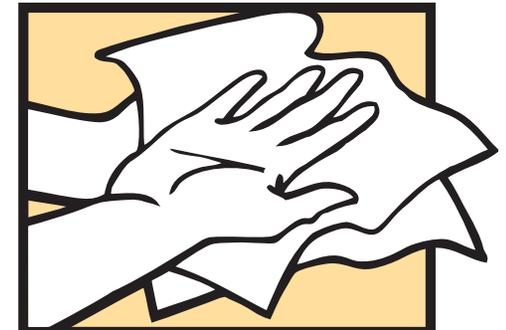
**1** **Remove jewelry.**  
Wet hands with warm water, add soap to palms and rub hands together to create lather.



**2** **Thoroughly cover all surfaces** of your hands and fingers with lather and work fingertips into palms to clean under nails.



**3** **Rinse hands well** under warm running water.



**4** **Dry with a single-use towel** and then use towel to turn off the tap.

*Hands should be washed for a minimum of 10-20 seconds.  
To help children wash long enough, say the ABC's or sing  
"Twinkle, Twinkle Little Star."*

For more information, visit  
[www.health.gov.bc.ca/pho/influenza.html](http://www.health.gov.bc.ca/pho/influenza.html)