

COVID-19 information

Proper handwashing is your best defense against respiratory illness



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- 1. Wet your hands and apply soap**
 - 2. Lather your hands with the soap. Lather backs of your hands, between your fingers, and under your nails**
 - 3. Scrub your hands for at least 20 seconds**
 - 4. Rinse your hands well under clean, running water**
 - 5. Dry your hands using a clean towel or air dry them, use a paper towel to turn off water then throw it away**

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Interior Health
Every person matters