



Wash your hands with soap and water every time you:

- Use the toilet
- Cough, sneeze, blow or wipe your nose
- Touch something dirty
- Before and after you eat

Use soap to make bubbles cover all of your hands, including the back and in between your fingers and under your nails.

Count to 15 before you rinse the soap off your hands. Dry hands.

For more information, contact

**Halton Region**

Dial 311 or 905-825-6000

Toll free: 1-866-4HALTON (1-866-442-5866)

TTY: 905-827-9833

[www.halton.ca](http://www.halton.ca)

**Health Department**

Promoting and Protecting Health.  
Preventing Disease. Providing EMS.



School