

Prevention is key.

PREVENT THE SPREAD OF GERMS



Wash your hands often with soap and water for at least 30 seconds or use an alcohol-based hand sanitizer.



Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.



Avoid touching your eyes, nose, and mouth with unwashed hands. Avoid close contact with people.



If you are sick, stay home for 14 days.

HOW TO WASH HANDS



Wet hands with warm water.



Apply soap.



Lather soap and rub hands palm to palm.



Rub between and around fingers.

LATHER HANDS FOR A TOTAL OF 30 SECONDS



Rub back of each hand with palm of other hand.



Rub fingertips of each hand in opposite palm.



Rub each thumb clasped in opposite hand.



Rinse thoroughly under running water.



Pat hands dry with paper towel.



Turn off water using paper towel.

For accurate and up-to-date health information, please visit:

Vancouver Coastal Health: vch.ca

BC Centre for Disease Control: bccdc.ca

If we are out of soap / hand towels, please contact facilities@langara.ca

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