Coronavirus
How to stay safe:
Handwashing

The most important thing is to wash your hands regularly with soap and warm water. Rub the soap in well and wash your hands for 15 seconds each time.

This is the same time as it takes to sing Happy Birthday 2 times.

Public Health Ontario: Handwashing Picture Guide
Watch a video: How to handwash

Wash your hands every time you...

cough or sneeze  
are going to eat  
get home or to work  
use the toilet

Cough or sneeze in your sleeve.

Try not to touch your face with your hands.