





# Hand Washing

# E kasicichaliwahk

Wash your hands with soap and water for 20 seconds or use hand sanitizer.

1. Wet your hands
2. Apply Soap
3. Lather soap and rub hands palm to palm
4. Rub in between and around the fingers
5. Rub back of each hand with palm of the other hand
6. Rub fingers of each hand in opposite palm
7. Rub each thumb clasped in the opposite hand
8. Rinse thoroughly under running water
9. Pat hand dry with paper towel
10. Turn of water using paper towel

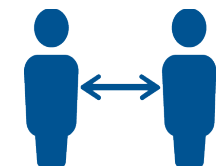
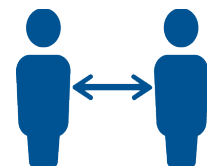
Kasiciche soap nesta lipiy e apacihtayan lishitala seconds ilikohk nesta piko apacihta kasicichakan.

1. lipiwihta ki ciciya.
2. soap apaci.
3. sopaha nesta silikona ki walakaskocichala.
4. silikona ayetaw nesta wiskwe kicichalihk.
5. silikona kahkilaw kiciciya ki walakaskocichan e apacihtayan e kasilaman kahkilaw kiciciya.
6. silikona ki lilikicichala kahkilaw kiciciya ki walakaskocichala memiskoc kahkilaw.
7. silikolik ayetaw kahkilaw ki micichalak memiskoc kiciciya.
8. kwayask kasiyapawata lipiy ka ohtashikawik.
9. pahkola kiciciya masalahikalwali pahkikwan e apacihtayan.
10. Kipaha lipiy ka ohtashikawik masalahikalwali Pahkolikan e apacihtayan



*Look after our loved ones by washing your hands, wearing a mask, and practicing physical distancing. If you are not well, stay home to protect others.*

Lalakacihahkwak ka sakihaci e kasiciceyan e kishkaman akopitonepison nesta e pimitishahaman wawalapahtowin. Kishaspin ka malimahcihowale api kikihk eka ke ohci ahkosicik



For more information visit [www.waha.ca/covid-19](http://www.waha.ca/covid-19) or the Weeneebayko Area Health Authority Facebook page or the Porcupine Health Unit's website <https://www.porcupinehu.on.ca/>



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