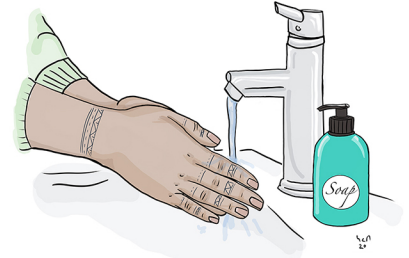


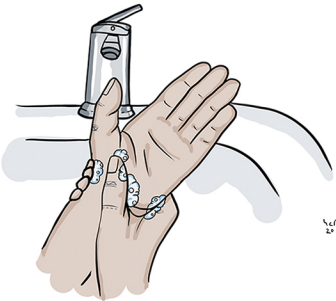
ᖃᐅᑦᑦᑦᑦ ᐱᑦᑎᑦ ᐱᑦᑎᑦ ᐅᐱᑦᑦᑦᑦ  
Wet hands with warm water



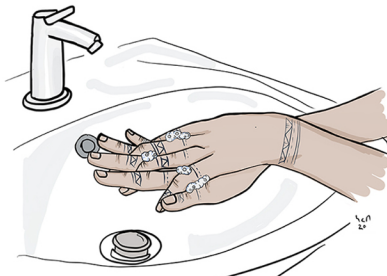
ᐅᐱᐱᑦᑎᑦᑎᑦᑎᑦ  
Apply soap



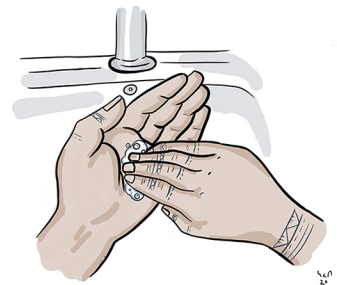
ᑕᑦᑦᑦᑦ 20-ᑖᑦᑦ  
Wash hands for at least 20 seconds



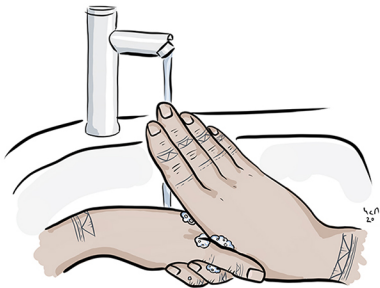
ᐱᑎᑎᐱᑦ ᐱᑦᑎᑦ ᑕᐅᑦᑦᑦ ᐱᑦᑎᑦ ᐱᑦᑎᑦ  
Your palms and back of each hand



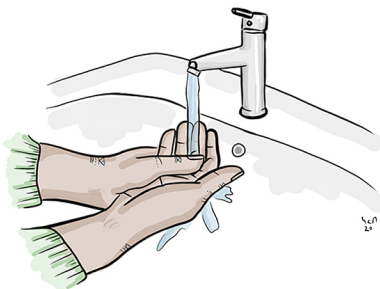
ᐱᑦᑎᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦᑎᑦ  
Between fingers



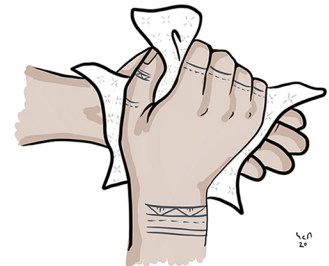
ᐱᑦᑎᑦᑎᑦ ᐅᑎᑎᑦ  
Under nails



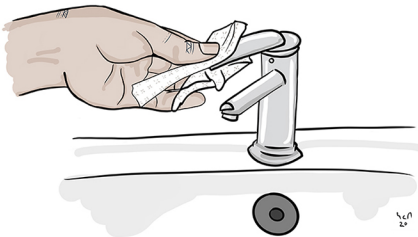
ᐱᑦᑎᑦ ᐅᑦᑦᑦᑦ  
And thumbs



ᐱᑦᑎᑦᑎᑦᑎᑦ  
Rinse well



ᐱᑦᑎᑦᑎᑦᑎᑦᑎᑦ ᐱᑦᑎᑦᑎᑦᑎᑦ  
Dry hands with paper towel



ᖃᑦᑦᑦ ᐱᑦᑎᑦ ᐱᑦᑎᑦᑎᑦᑎᑦ  
Turn off tap with paper towel

# ᐱᑦᑎᑦ ᐅᐱᑦᑎᑦᑎᑦᑎᑦ WASH YOUR HANDS

Visual produced by the Aqqiumavvik Society in Arviat, Nunavut.

Drawings created by Charlotte Karetak.

Text (Inuktitut/English) provided by the  
Public Health Agency of Canada

