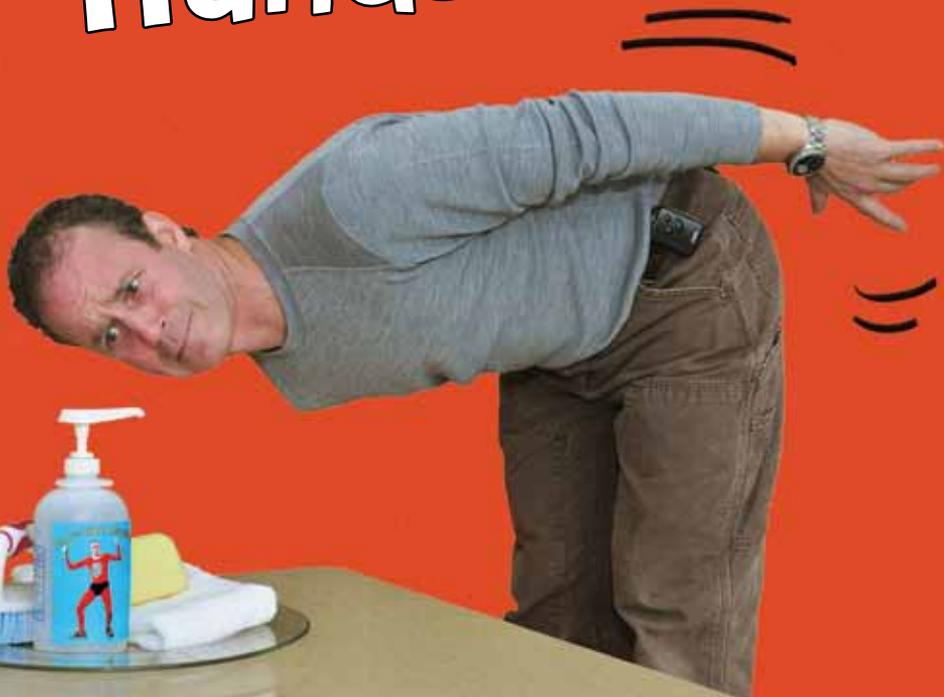


# You'll Like Clean Hands



(Our apologies to Dr. Seuss)

## Who is Soapy?

Soapy is an orange-clad, germ-fighting superhero. He roams the corridors of Health Sciences Centre and other Winnipeg healthcare facilities, promoting hand hygiene and other practices to prevent and control the spread of germs that can cause infection.

Soapy reminds us that cleaning our hands is essential – everywhere, every day!

I am Soapy



I am Soapy



Soapy I am



That Soapy man!  
That Soapy man!  
I do not like  
that Soapy man!



Would you like to  
clean your hands?



I do not clean them,  
Soapy man.  
I do not like to  
clean my hands.



Would you clean  
them here or here?



I would not  
clean them  
Here or there.  
I would not  
clean them  
anywhere.



I do not like  
to clean my hands.  
I do not clean them,  
Soapy man.



Would you clean them  
in your house?  
Please –  
don't be a louse.



I will not clean them  
In my house.



I don't spread germs.  
I'm not a louse.



I will not scrub them  
après box.



My hands stay dirty  
for my lox.



I do not make the others sick.  
My germs aren't real –  
they do not stick!



I do not like to  
clean my hands.  
I do not clean them,  
Soapy man.



Would you sanitize  
with this?

Would you wash  
with this and this?



Not with cleanser.  
Not with soap.  
Not with water.  
Not a hope!



I'll not clean post scoop or flush.  
Soiled hands don't make me blush.



It is not all  
just for you.  
You must protect  
the others too.  
See how healthy  
all can be.



Try it!  
Clean your hands  
with me.



I can not, will not  
clean with you.  
I will not cleanse  
with others too.



My germs are mine.  
They do not stick.  
They do not make  
those others sick.



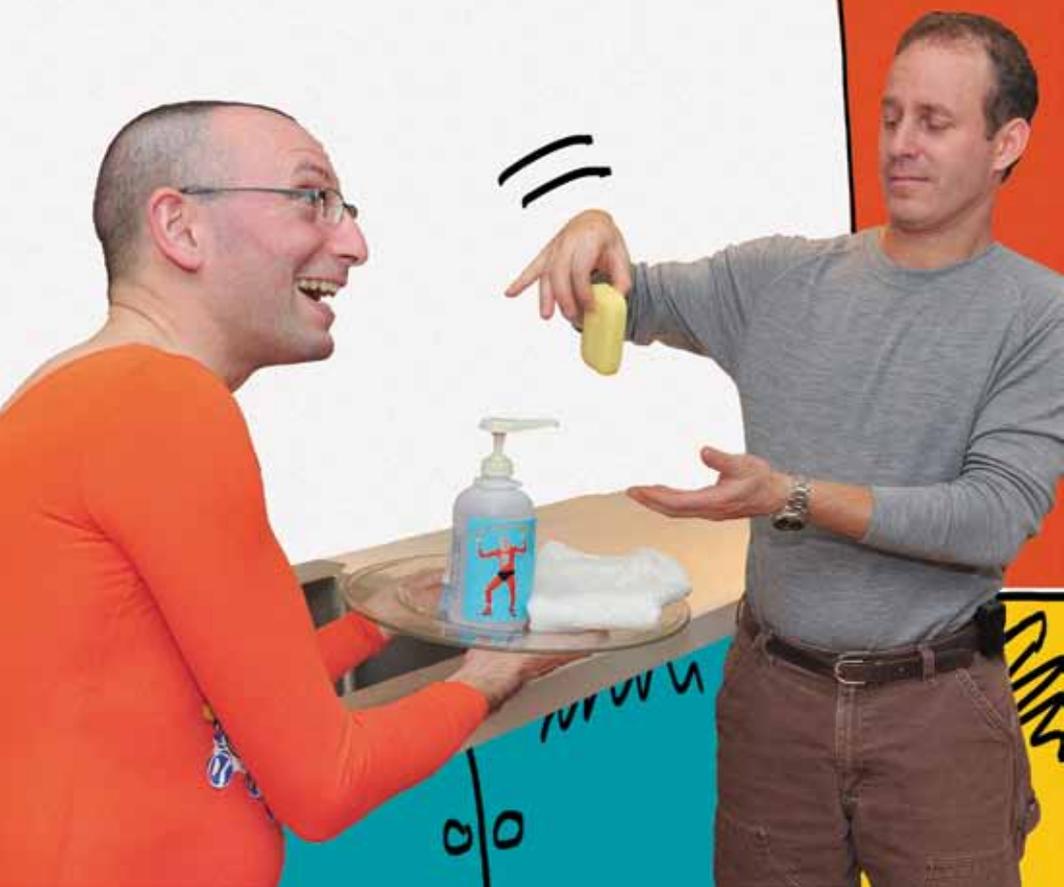
Not after cough.  
Not after sneeze.  
I'll only wash them  
when I please.



I do not like to  
clean my hands.  
I do not clean them,  
Soapy man!



You do not clean them,  
so you say.



Wash them!  
Cleanse them!  
And you may.  
Clean them  
and you may,  
I say.



Soapy!

If you will let me be,

I will clean them.

You will see.



Hey!  
I like clean hands!  
I do! I like them,  
Soapy man!



And I will wash them  
après box.



And I will clean them  
before lox.



AA

141

I will make no others sick.  
'Cause I have heard  
that germs can stick.



I'll be clean  
when I cough  
or sneeze.  
Then I won't  
spread disease.



I will wash post  
scoop or flush.  
Dirtiness will  
make me blush.



My folks are happy  
with me now.  
Thank you!  
Thank you!  
You've showed  
me how!



# How to wash your hands



## 1 Wet Hands

Wet hands under warm running water



## 2 Soap

Apply soap and distribute over hands



## 3 Lather and Rub

Rub hands together vigorously for 15 seconds to create a good lather. Rub: Palm to palm



Fingertips of each hand with opposite hand



Between and around fingers



Each thumb clasped in opposite hand



Back of each hand with opposite palm



## 4 Rinse

Rinse hands thoroughly under warm running water



## 5 Dry

Pat hands dry with a clean towel



## 6 Done

If you're in a public facility, turn off faucet using a towel

# How to clean your hands using hand sanitizer



## 1 Apply

Apply a dime-sized amount of sanitizer into palms of dry hands



## 2 Rub

For 15 seconds, rub:  
Palm to palm



Fingertips of each hand  
in opposite palm



Between and  
around fingers



Each thumb clasped  
in opposite hand



Back of each hand with  
palm of opposite hand



Dry hands by rubbing -  
do not wipe off!



Don't rely on  
hand sanitizer  
if your hands  
are visibly dirty



Ensure hands are  
completely dry before  
performing  
another task

Produced by  
Dr. John M. A. Embil BSc(Hon), MD, FRCPC, FACP  
Director, Infection Prevention and Control Program,  
Winnipeg Regional Health Authority  
Creative Team: Ed Mathis, Judy Chapman and Junebug Design

---



**Health Sciences Centre**  
Winnipeg

---



Winnipeg Regional  
Health Authority  
*Caring for Health*

Office régional de la  
santé de Winnipeg  
*À l'écoute de notre santé*