

# Hand washing

Simple and effective!

## Set an example and wash your hands frequently!

### Using antiseptic products

You can use an alcohol-based product to disinfect your hands if they are not visibly soiled:

- Put a bit of disinfectant in the hollow of your hand.
- Rub it on all surfaces of your hands: your fingers, between your fingers, your thumbs, your palms, the back of your hands, and your nails.
- Keep rubbing until your hands have dried.

### Tips:

- If you can wash your hands with soap and water, do that instead.
- Keep disinfectant products out of reach of children. They are safe for children to use, but they must not be swallowed. Young children must be supervised when using them.



Did you know that hand washing is an excellent way of preventing transmission of infections from one person to another?

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## To wash your hands properly, follow these steps:



**1** Wet your hands with lukewarm water.



**2** Apply soap.



**3** Rub your hands together for 15 to 20 seconds. It is important to thoroughly soap all surfaces of both hands: your fingers, between your fingers, your thumbs, your palms, the back of your hands, and your nails.



**4** Rinse your hands with running water.



**5** Dry your hands with a paper towel, a clean cloth towel, or a hand dryer.



**6** Turn off the tap with the paper towel, if available.

## Wash your hands regularly to avoid contracting infections.

Over the course of the day, you touch numerous objects that may have been contaminated by viruses and bacteria left there by you or by others. When you touch your eyes, your nose, or your mouth, you increase your risk of catching common infections such as colds, flu, and infectious diarrhea.

## Everyone needs to wash their hands:

Children and adults of all ages, workers in all fields (hospitals, restaurants, day cares, etc.), whether they are sick or not.

## It is important to wash your hands:

- when they are visibly soiled;
- after sneezing or coughing;
- after wiping your or a child's nose;
- before handling food;
- after handling food;
- after using the washroom.

## There are lots of ways to make a difference:

- Wash your hands often with soap and water. There is no need to use an antibacterial soap.
- Teach your children and loved ones to wash their hands and encourage them to do it frequently.
- Make sure that soap is available around you: in washrooms, at your child's school, at your workplace, and where you eat.