

# 10

Most often forgotten areas when hands are washed

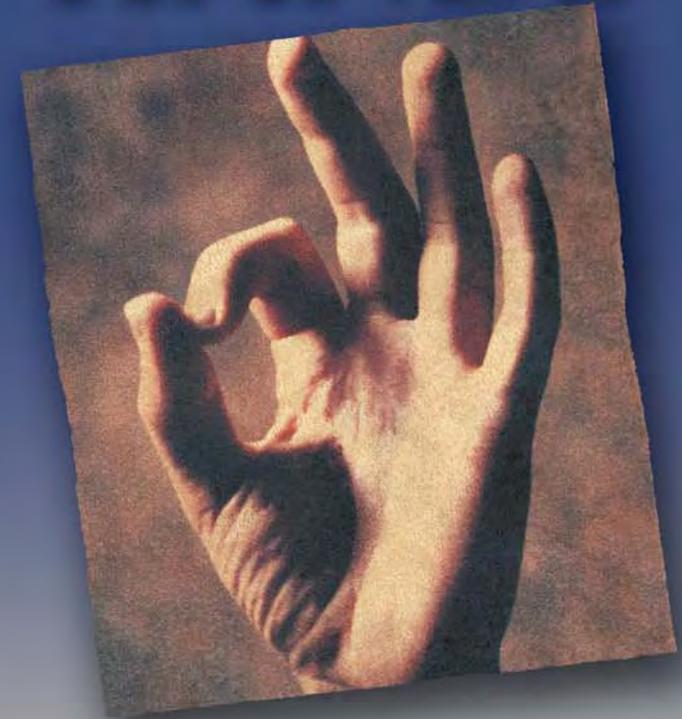
Inside (of hand)



Outside (of hand)



# I WASH MY HANDS



## When do I wash my hands?

- Before and after any contact with a patient
- After any accidental contamination with blood, or when my hands are obviously soiled
- After removing my gloves
- After going to the bathroom
- After blowing my nose, or helping a child blow his or her nose
- Before preparing, handling or serving food, and before eating

Developed by the Direction de santé publique of the Agence de développement de réseaux locaux de services de santé et de services sociaux de la Montérégie in collaboration with the Ministère de la Santé et des Services sociaux.

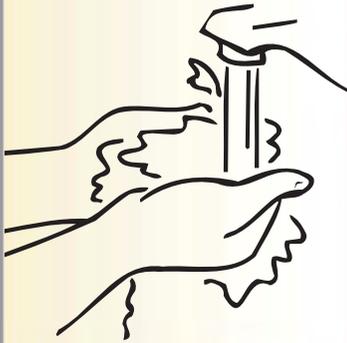
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Québec 

# WASHING MY HANDS STEP BY STEP

1\*

Wet hands



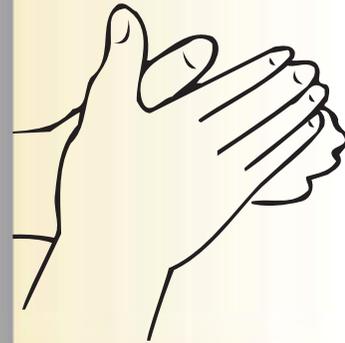
2

Add 3 to 5 ml of soap or antiseptic solution



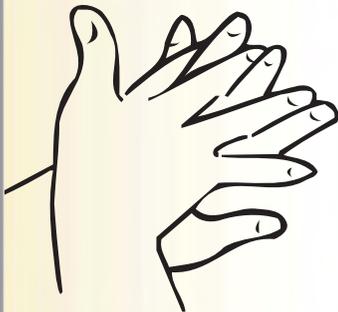
3

Lather palms together



4

Rub the palm of the right hand on the back of the left hand and vice versa



5

Rub palms together, fingers laced



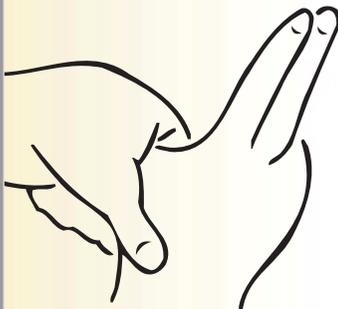
6

Rub the outside of fingers against the palm of the opposite hand



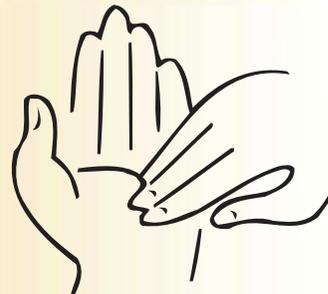
7

Rub thumbs with rotational movements



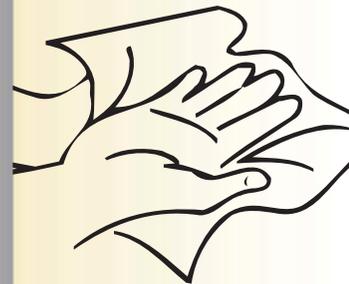
8

Rub fingertips in the palm of the opposite hand



9\*

Rinse and dry with paper towels. Use paper towels to turn off taps



\* Not required if a waterless antiseptic solution is used.