

YOUR HEALTH CAPSULE

Le lavage des mains



Washing Your Hands

Did you know that the most efficient way of preventing the spread of infectious diseases is to wash your hands? Everybody should wash his hands! Parents, children, adults, hospital staff, day-care employees, office and restaurant workers..., etc.



Wash every surface of the hand, including the area between the fingers and your fingernails with regular soap and water for approximately 15 to 20 seconds.



Dry your hands with a paper towel or a clean cloth towel. Turn off the faucet with the paper towel, especially if you are in a public place. For more information, visit the "Québec Health and Social Services" web site.

The Youth Health Capsule Committee

