1. Wet your hands and wrists in water.
2. Soap your hands.
3. Scrub between your fingers and fingernails.
4. Rinse with lots of water.
5. Dry your hands and wrists with a paper towel.
6. Don’t forget your wrists.
7. Act on the tap — turn off the tap with a paper towel.
8. Thun throw it in the garbage.
9. Ask an adult to turn off the taps with a paper towel.
10. Prepared by the Comité de prévention des infections dans les services de garde à l'enfance du Québec, under the auspices of the Ministère de la Santé et des Services sociaux.