

WHEN TO WASH YOUR HANDS

Staff and Children



ALL STAFF AND VOLUNTEERS SHOULD WASH THEIR HANDS:

On arrival for the day, after breaks, or when moving from one child care group to another



Before and after:

- Preparing food or beverages
- Diapering a child
- Eating, handling food, or feeding a child
- Giving medication or applying a medical ointment or cream
- Playing with children in water that is used by more than one person



After:

- Using the toilet or helping a child use a toilet
- Handling bodily fluid (mucus, blood, vomit)
- Handling animals or cleaning up animal waste
- Playing, with children, in sand, or outdoors
- Cleaning or handling the garbage.
- Applying sunscreen and/or insect repellent
- Between each instance of helping with tooth brushing

ALL CHILDREN SHOULD WASH THEIR HANDS:

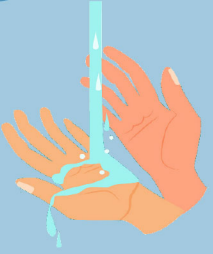
- When arriving for the day
- Before and after eating or being fed
- Before and after playing in water that is used by more than one person
- After being diapered or helped with changing soiled clothes

- After using the toilet
- After sneezing, wiping and blowing noses
- After handling animals
- After playing in sand
- After playing outdoors



A step-by-step guide to:

HAND WASHING



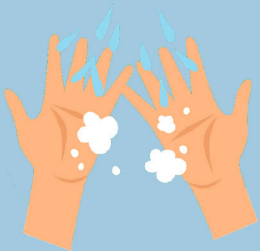
STEP 1

Moisten hands with water and apply liquid soap.



STEP 2

Rub hands together away from the flow of water for 20 seconds. (Tip! Teach children to sing "Happy Birthday" two times to help children monitor the time while they wash.)



STEP 3

Rinse hands free of soap under running water.



STEP 4

Dry hands with a clean disposable paper towel or a one-time use cloth towel, or dry thoroughly with an air dryer.



STEP 5

If faucets do not shut off automatically, turn faucets off with a disposable paper or single-use cloth towel.