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

GROW NJ KIDS TRAINING SERVICES
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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.