

HANDWASHING



Handwashing is the single most effective practice that prevents the spread of germs in the child care setting.

When should hands be washed?



Children:

- Upon arrival to the center
- Before and after eating
- After using the toilet/diapering
- Before using water tables
- After playing on the playground
- After handling pets
- After coughing or contact with runny noses
- Whenever hands are visibly dirty
- Before going home



Providers

- Upon arrival to work
- Before handling food or feeding children
- After using toilet/diaper changing
- After coughing, contact with runny noses, vomit, etc
- After handling pets or pet cages
- Whenever hands are visibly dirty
- Before and after administering first aid
- After cleaning up
- After removing gloves
- Before and after giving medication
- Before going home



How to wash hands

- ✓ Refer to the Handwashing handout
- ✓ Use liquid soap
- ✓ Wash well under running water for at least 10-15 seconds.
- ✓ Be sure to wash areas between fingers, around nail beds, under fingernails and back of hands
- ✓ Use hand lotion

Hand sanitizers may be used for staff and children 3 years of age and older, at times and in areas where handwashing facilities are not available

Infants and Toddlers

Use soap and water at a sink if you can. If a baby is too heavy to hold for handwashing at the sink then:

- Wipe the child's hands with a damp paper towel moistened with a drop of liquid soap.
- Wipe the child's hands with a paper towel wet with clear water
- Dry the child's hands with a paper towel
- Do not use hand sanitizers for young children under 3 years of age