



HAND WASHING

The most effective way to prevent the spread of germs is to wash hands frequently.

All staff, volunteers and children will wash their hands at the following times:

- a. upon arrival for the day, when moving from one child care group to another and whenever they are dirty
- b. before and after:
 - eating, handling food or feeding a child
 - giving medication
- c. after:
 - diapering and toileting
 - coming in contact with bodily fluids (mucous, blood, vomit) and wiping noses, mouths and sores
 - handling pets or other animals
 - coming in from outdoors

All staff, volunteers and children will wash their hands using the following steps:

1. Moisten hands with water and apply liquid soap.
2. Rub hands with soap and water for at least 30 seconds – remember to include between fingers, under and around fingernails, back of hands and scrub any jewelry.
3. Rinse hands well under running water with fingers down so water flows from wrist to finger tips.
4. Leave water running.
5. Dry hands with a disposable paper towel or approved drying device.
6. Use a towel to turn off the faucet and if inside a toilet room with a closed door, use the towel to open the door.
7. Discard the towel in an appropriate receptacle.
8. Apply hand lotion if needed.

If a child is too heavy to hold for hand washing at the sink and can not be brought to the sink for hand washing, use disposable wipes or a damp paper towel moistened with a drop of liquid soap to clean the child's hands. Then, wipe the child's hands with a wet paper towel and dry the child's hands with a fresh paper towel.

Note: Commercial "waterless" hand washing gels or wipes are not a substitute for hand washing using running water and soap. Gels and wipes may be used in situations where running water and soap are not available. As soon as you can, hands must be washed in running water with soap. It's important to know that many of these hand washing solutions have high concentrations of alcohol and may be dangerous to children if ingested.

Adapted from Caring for our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs, Second Edition