

Handwashing

Simple hand washing steps:

1. Turn on water.
2. Wet hands with water.
3. Apply liquid soap.
4. Wash hands, rubbing hands out of running water at least 20 seconds. Rub top and inside of hands, under nails and between fingers.
5. Rinse hands at least 10 seconds under running water with fingers pointing towards the drain.
6. Dry hands using a clean, disposable paper towel or an air dry blower.
7. Turn off water using the paper towel.
8. Throw paper towel away into a plastic lined, hands-free, covered trash receptacle.

Avoid recontamination:

1. At snack and lunch time, encourage children to wash hands and go directly to the table to avoid recontamination of hands.
2. Separate sinks for food preparation and hand washing are strongly suggested. If sinks are used for multiple purposes, they must be cleaned and disinfected after diapering /toileting handwashing and before food /meal related handwashing.

Hand Washing Song - (20 seconds-Sing two rounds)

(Sing to Row, Row, Row Your Boat)

Wash, wash, wash your hands, Play our handy game.

Rub and scrub and scrub and rub, Germs go down the drain.

When to wash hands:

- Upon arrival
- Before and after cooking, serving or handling food
- Before and after eating
- After cleaning spills or touching trash receptacles or lids
- After handling toxic cleansers or pesticides
- After using the bathroom
- After changing a diaper
- After sneezing, coughing or wiping noses
- Before and after giving medication, or applying sunscreen
- Before and after touching sores, cuts or scrapes
- After handling body fluids such as blood, mucus or vomit
- After playing outdoors
- After messy play, sand, painting and gluing
- Before and after water play
- After touching "mouthed" toys or pacifiers
- After changing soiled sheets or clothing
- After touching or feeding pets or other animals
- After smoking

Sources: *Family Child Care Environment Rating Scale Revised Edition*. Harms, 1., Cryer, D., Clifford R., pp. 10, 29. *All About ECERS-R*. Harms, T., Cryer, D., Riley, C" pp. 114, 124. American Academy Of Pediatrics, American Public Health Association and National Resource Center for Health and Safety in Child Care and Early Education (2012). *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Edition*. Elk Grove Village, IL; American Academy of Pediatrics and Washington, DC: American Public Health Association. Also available at <http://nrc.uchsc.edu>.