



WHEN SHOULD WE WASH OUR HANDS?

1



After playing with pets

2



After using the bathroom

3



After coughing, sneezing, and blowing your nose

4



BEFORE and AFTER touching a cut or open sore

5



BEFORE and AFTER eating

6



After playing outside

Washing Hands

All staff and children's hands must be washed with soap and warm running water for at least 20 seconds.



Wash your hands **BEFORE**:

- Giving medication or taking temperatures
- Eating
- Cleaning wounds or changing bandages
- Sensory play or water tables
- Preparing and serving food, snacks, or bottles

Wash your hands **AFTER**:

- ANY contact with urine, stool, vomit, or any other bodily fluids
- Using the toilet
- Sneezing, coughing, or blowing your nose
- Changing a diaper
- Playing outside
- Changing a bandage
- Messy activities
- Playing with animals
- Cleaning activities

REMEMBER:

- Hand washing sinks must always have soap and paper towels.
- Diaper-aged children **MUST** have their hands washed for them, especially after a diaper change.
- Children must be monitored and reminded of the hand-washing steps each day.
- Wipes are not an alternative to hand washing. They may be used in addition to hand washing.
- Hand sanitizers may only be used at times and in areas where hand washing facilities are not available, such as on a field trip.

How to Wash Your Hands

Instructions:

1. Wet hands using warm running water.
2. Add soap and rub hands outside of the water for 20 seconds.
3. Wash all surfaces, including **back of hands, wrists, between fingers, and under fingernails.**
4. Rinse hands well with warm water.
5. Dry hands with a paper towel.
6. Turn off the water with the same paper towel.
7. Throw the paper towel away.



Clean hands prevent germs from spreading and they can save lives!

Do not use hand sanitizer in place of hand washing!

