

## HAND-WASHING POLICY

NAME OF FACILITY \_\_\_\_\_

*Hand-washing is the single most important means of preventing the spread of infection and germs. Staff and children must wash hands regularly while at this child care facility. Staff hands must be washed with soap and warm water and staff must ensure that children's faces and hands are clean. Hands must be washed even if gloves are worn.*

### WHEN TO WASH HANDS

**At a minimum STAFF hands must be washed:**

- Upon arrival at the center.
- Before and after preparing or serving food or bottles.
- Before and after eating a meal or snack.
- Before assisting a child with eating.
- Before and after toileting.
- Before and after assisting a child with toileting or diapering.
- After checking to see if child needs a diaper change.
- After wiping own nose or assisting a child with wiping nose.
- After contact with body fluids (urine, feces, vomit, spit-up, blood, sweat, etc.)
- After coughing or sneezing.
- After cleaning and/or using cleaning materials
- After handling the garbage or diaper pail.
- After contact with animals.
- After administering medication.

**At a minimum CHILD hands must be washed:**

- Upon arrival at the center.
- Before and after eating a meal or snack.
- Before and after diapering and toileting.
- After contact with body fluids (urine, feces, vomit, spit-up, blood, sweat, etc.).
- After coughing or sneezing.
- After blowing nose or putting hands in mouth.
- After coming indoors from playing on the playground.
- Before and after sand or water play.
- Before and after messy play like painting, play dough or activities that include gluing.
- After handling pets.
- After touching contaminated objects.

## HOW TO WASH HANDS

- Turn faucet on.
- Wet hands under warm running water.
- Dispense liquid or foam soap in the palm. Avoid using bar soap.
- Rub hands together vigorously to lather the soap on hands for at least 20 seconds.
- Wash palms, fingers, between fingers, back of the hands, and around the wrist.
- Rinse hands thoroughly under warm running water for at least 10 seconds.
- Dry hands completely with disposable paper towel.
- Turn off the water using the paper towel to turn the faucet handle.
- Throw the used paper towel in the trashcan.
- If an air dryer is present, after rinsing off the soap, turn off the faucet and use the air dryer to dry your hands.