

## **HANDWASHING POLICY**

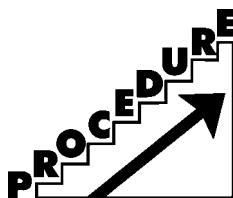


### **POLICY**

A HANDWASHING POSTER will be posted at each sink.

Providers will help children wash their hands.

Children and staff must wash hands according to the following guidelines:



\_\_\_\_\_ will post a HANDWASHING POSTER  
*staff title/name*  
at each sink. See back pocket of this manual.

### **WHEN TO WASH:**

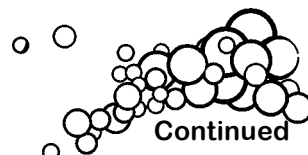
Children:

- upon arrival at the child care setting
- immediately before and after eating
- after using the toilet or having their diapers changed
- before and after using individual water play items, water tables or moist items (such as clay)
- after playing on the playground
- after handling pets, pet cages or other pet objects
- whenever hands are visibly dirty
- after sneezing or coughing



Providers:

- upon arrival at work
- immediately before handling food, preparing bottles or feeding children
- after using the toilet, assisting a child in using the toilet or changing diapers
- after coming in contact with a child's body fluids including wet or soiled diapers, runny noses, spit, vomit, etc
- after sneezing or coughing
- after handling pets, pet cages or other pet objects
- whenever hands are visibly dirty
- after cleaning
- before and after giving or applying medication or ointment to a child or staff



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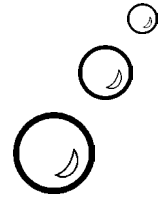
# HANDWASHING POLICY

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- immediately after removing gloves used for any purpose, even if hands are not visibly dirty.
- before going home.
- before and after eating, drinking, smoking or taking a break.
- after handling one food and before another.

## HOW TO WASH



1. Always use warm running water and a mild liquid soap. Antibacterial soaps may be used but are not required. Premoistened cleaning towelettes and hand sanitizers do not take the place of handwashing.
2. Wet hands and apply a small amount (dime to quarter size) of liquid soap to hands.
3. Rub hands together until lather appears, continue for at least 20 seconds. Scrub between fingers, under fingernails and around the backs and palms of hands.
4. Rinse hands under warm running water. Leave the water running while drying hands.
5. Dry hands with a paper towel. Avoid touching the faucet handles or towel holder with clean hands.
6. Turn the faucet off using the towel.
7. Throw towel in a trash can lined with a plastic bag. Trash cans with foot pedal lids are best.
8. Hand sanitizers may be used after hands are properly washed.
9. Hand lotion may be used to prevent chapping. Use liquid or tubes that can be squirted so hands do not have direct contact with the container's spout. This could contaminate the lotion inside the container.
10. When assisting a child in hand washing, either hold the child (if an infant) or have the child stand on a safety step at a height at which the child's hands can hang freely under the running water. After assisting the child, wash your own hands.

