



# Handwashing

**Policy: Staff and children will follow routine Handwashing Procedures.**

## **Staff, Volunteers, and Children must wash hands:**

- **Upon** arrival for the day.
- **When** hands are soiled.
- **Before & After** eating, preparing and serving food and beverage and feeding children.
- **After** a child brushes their teeth.
- **Before and After** playing in the water that is shared by two or more people.
- **Before & After** each diapering.
- **After** toilet use or helping a child use the toilet.
- **After** handling bodily fluids.
- **After** handling pets, pet cages, or other pet objects.
- **After** playing in sand, on wooden play sets, and outdoors.

## **Staff and Volunteers must also wash their hands:**

- **Prior** to the care of children and after breaks
- **Before & After** giving medication or applying a medical ointment or cream.
- **After** handling garbage or cleaning.
- **After** cleaning and disinfecting the diaper changing surface.
- **Before & After** wearing non-porous (e.g., Latex) gloves used for any purpose.
- **Before & After** helping a child brush teeth.

## **Nontoxic, disposable wipes may be used in the following situations:**

- When the child is too heavy to hold for handwashing.
- When the child cannot stand safely at the sink.
- When the child is not developmentally ready to hold their head.
- When the child has a special need and is not able to wash their own hands.
- **NOTE:** Only wipes intended for use on skin can be used. Household cleaning wipes **must not** be used.

## **How to wash hands:**

- **Use** liquid soap and warm running water.
- **Moisten** hands with water and apply a heavy lather of liquid soap.
- **Rub** hands together vigorously until a soapy lather appears and continue for at least 20 seconds. (This is not done under running water).
- **Pay** attention to areas between fingers, around nail beds, under finger nails, and backs of hands.
- **Rinse** hands well under running water until hands are free of soap and dirt. **Leave the water running while drying hands.**
- **Dry** hands with a **single** paper towel.
- **Use** paper towel to turn off the faucet.
- **Discard** paper towel.
- When soap and running water are not available during an outing, hand sanitizers, or single-use wipes (intended for use on skin) may be used as a temporary measure.

**Increased handwashing may be necessary throughout the day.**



**Guidelines for handwashing shall be posted in the food preparation area, in toilet rooms, in diapering areas and by all hand washing sinks.**

