

Wash your hands



1

Wet hands with water and then apply soap.



2

Rub hands together, away from the flow of water, for 20 seconds.

*Rub all over palms, backs of hands, between fingers, and around wrists.



3

Rinse hands free of soap under running water.



4

Dry hands with a clean paper towel or an air blower.



5

Turn off faucet using the paper towel.

*Not required/recommended by CDC.



6

Throw the paper towel into a lined, hands-free trash can.

Remember to wash adults and children's hands:

- Upon arrival into the classroom
- Before and After:
 - Food/beverage preparation or handling/ serving food (even if gloves are worn)
 - Eating
 - Feeding a child
 - Water play or play with other shared moist materials (playdough, slime, etc.)
 - Tending to cuts or scrapes
 - Giving medication
- After:
 - Diapering or checking a child's diaper
 - Toileting or assisting a child with toileting
 - Coming in from outdoor play
 - Sand play
 - Messy play (painting, gluing, etc.)
 - Handling mouthed toys, pacifiers, or teethingers
 - Applying sunscreen
 - Dealing with bodily fluids (sneezing or coughing if hands are contaminated, wiping/blowing noses, blood, vomit)
 - Touching contaminated objects (trash cans/lids, handling garbage, cleaning up spills, etc.)
 - Touching pets or other animals
 - When hands are visibly soiled

***Note:** Any baby with head control should have their hands washed at the sink. The use of wipes cannot be substituted for hand washing, except for *very young infants* who do not have head and body control.

Making hand washing a positive part of the day:

Hand washing is the most effective way to prevent the spread of germs and illness. Whenever possible, hands should be washed with soap and running water. Caregivers should model this healthy habit and provide children with support, so they learn to carry out these practices correctly. There are many ways you can make hand washing fun, easy, and make sure that everyone washes for the full 20 seconds.

Create a picture/word display of the hand washing steps and display it by the sinks. Reference it as children wash their hands. You can use a timer, simply count to 20 with the children, or you can sing. The ABC's takes 20 seconds to sing (change the last line of the song to "And I've washed the germs off me"). Here are some others songs you can use:

Sing to the tune of "Frere Jacques"

Tops and bottoms, tops and bottoms,
In between, in between,
Scrub them all together,
Scrub them all together,
Now they're clean, squeaky clean
(sing through twice)

Twinkle, Twinkle Little Star,
See how clean my two hands are.
Soap and water, wash and scrub,
Get those germs off, rub-a-dub.
Twinkle, Twinkle Little Star,
See how clean my two hands are.

Sing to the tune of "Row, Row, Row Your Boat"

Wash, wash, wash your hands,
Get them nice and clean!
Scrub the tops,
And scrub the bottoms,
And fingers in between.

Scrub, scrub, scrub your hands
Scrub the germs away
Rub and scrub, scrub and rub
Germs go down the drain.

Sing to the tune of "Happy Birthday"

Wash my hands so good and clean,
Wash my fingers in between,
Watch the germs all go away,
Now they're clean, I'll go and play.
(sing through twice)

"Hand hygiene is arguably our most important life skill. So teach it well and teach it often."

Michael J. Blackburn, CEO

How can I help children not touch the trash can lid?

If you are able, remove the lid and put it to the side during busy hand washing times when multiple children will be washing (e.g. before/after meals and snacks, after coming in from the outdoors, etc.). This will allow all of the children to throw away their paper towels without re-contaminating their hands after washing. Some additional ideas are below:

- Since some children use the garbage can to balance themselves, place the can in an area where the wall or counter is available to help children balance themselves. Place a cut-out handprint on the wall to guide children to use the wall to help with balancing when using the foot control.
- With older children, why not use "The floor is lava" game idea to keep them from touching the trash can lid. Put a simple sign on the lid that says "Don't get Burned," with a picture of a volcano. When instructing the children on hand washing, let them know to use the foot pedal (or other device) to open the trash can by reminding them in a fun and creative way that the lid is lava so don't touch.

How about hand sanitizer?

First, make sure to check if your program has a policy about using hand sanitizers; do they/or do they not support the use of hand sanitizer. Always follow your program's policy first!

It is also important to remember that child and adult hand washing must occur before meals and snacks, after toileting and diapering routines, and when hands are visibly soiled. The use of hand sanitizer is not an appropriate substitute for hand washing in these instances. When hand sanitizer is used as an alternative, during other expected hand washing times, follow the guidelines below:

Appropriate use of hand sanitizers:

- Use an alcohol-based hand sanitizer that contains at least 60% alcohol
- Can be used by adults and with children over 2 years (24 months) of age
- Written permission from parents/guardians should be on file before use with children.
- Read the label and follow the directions on the product label at all times
- Hand sanitizer must be inaccessible and locked (Keep out of reach) when not in immediate use.
- A staff person must be present and supervising a child who is using hand sanitizer. The staff must remain with the child until the sanitizer has dried on the child's hands.

Steps for using hand sanitizer:

- Apply the product to the palm of one hand (read the label to learn the correct amount)
- Rub hands together
- Rub the product over all surfaces of the hands and fingers until hands are dry (this should take around 20 seconds)