

HANDWASHING

POLICY:

All staff will wash their hands according to procedure:

- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After [changing diapers or cleaning up a child who has used the toilet](#)
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage
- If your hands are dirty

Nails will be well manicured and smooth. Jewelry will be minimal while working with children.

Handwashing posters will be hung over every sink. Posters in different languages can be found at

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

PURPOSE:

To protect the health of children and staff by minimizing the spread of germs.

PROCEDURE:

1. Wet hands thoroughly with running water.
2. Use liquid soap from a dispenser.
3. Use vigorous scrubbing motions for at least 20 seconds.
4. Wash all surfaces of hands:
 - a. Palms
 - b. Back of hands
 - c. Between fingers
 - d. Under nails
 - e. Wrists

5. Rinse hands thoroughly under clean, running water.
6. Dry hands with a disposable towel.
7. Turn off faucets with the paper towel.

HAND SANITIZER

1. Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, use an alcohol-based [hand sanitizer](#) that contains at least 60% alcohol (check label).



2. How to Use Hand Sanitizer

- a. Apply the product to the palm of one hand (read the label for the correct amount).
- b. Rub the surfaces of your hands and fingers until they feel dry. This should take around 20 seconds.

Caution! Swallowing alcohol-based hand sanitizer can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. [Keep it out of reach of young children and supervise their use.](#)

Remember:

- Hand sanitizers are drugs.

- Keep hand sanitizer out of eyes.
- Use hand sanitizer in well-ventilated areas.
- Supervise children while using hand sanitizer.
- Hand sanitizer is flammable.
- Check [FDA's Do Not Use List](#) to determine if your hand sanitizer is safe.
- Do not make your own sanitizer.

References

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

Safely Using Hand Sanitizer: <https://www.fda.gov/consumers/consumer-updates/safely-using-hand-sanitizer>