



## WHEN TO WASH YOUR HANDS

- ✓ Upon arrival for the day, after breaks, or when moving from one child care group to another;
  
- ✓ Before and after:
  - Preparing food or beverages;
  - Eating, handling food, or feeding a child;
  - Giving medication or applying a medical ointment or cream in which a break in the skin (e.g., sores, cuts, or scrapes) may be encountered;
  - Playing in water that is used by more than one person;
  
- ✓ After:
  - Using the toilet or helping a child use a toilet;
  - Diapering;
  - Handling bodily fluid (mucus, blood, vomit), from sneezing, wiping and blowing noses, from mouths, or from sores;
  - Handling animals or cleaning up animal waste;
  - Playing in sand, on wooden play sets, and outdoors;
  - Cleaning or handling the garbage.
  - Applying sunscreen and/or insect repellent.

Based on: Caring for Our Children, Online Database, 2019, Standard 3.2.2.1