

# Hand Sanitizing

- When hands are not visibly dirty and when hand-washing station is not available, then a 70-90% alcohol-based hand sanitizer can be used. If hands are visibly soiled, use soap and water to clean hands.
- People who are involved in food preparation should not use hand sanitizers but instead, wash their hands with soap and water.
- Children must be supervised if using hand sanitizer to clean hands. Ensure children cannot access hand sanitizers independently.
- Child care centres must ensure that alcohol-based hand sanitizer products are kept out of reach of children.

*Follow these steps will help to kill germs in your hands:*

1. Apply sanitizer (minimum 70% alcohol-based). Apply enough to effectively cover all surfaces, including the backs of your hands, fingertips and under your nails.
2. Rub hands together until hands are dry.
3. Work sanitizer between fingers, back of hands, fingertips, under nails.
4. Rub hands until dry.



# Stop the spread of germs - Clean your hands!

*Everyone should practice hand hygiene...*

- When they arrive at the child care centre, before entry into any room, and before they go home
- After using the washroom or after a diaper change
- After coming in from outdoors
- Before and after eating, before drinking
- Before and after handling animals, pet cages or other pet objects
- After covering a cough, sneeze or blowing their nose
- Before and after sensory play activities
- Before and after touching their eyes, nose or mouth
- Whenever hands are visibly dirty
- Whenever in doubt

*In addition, child care staff should practice hand hygiene...*

- Before and after preparing, handling or serving food, preparing bottles or feeding children
- Before and after giving medication or applying ointment or lotion
- After changing diapers, assisting children to use the toilet or using the washroom
- After contact with broken skin or body fluids (e.g., runny nose, spit, vomit, blood, cut or open sore), even if gloves were worn
- Before and after glove use
- After cleaning, handling garbage or contact with contaminated surfaces

*Remember! If hands are visibly soiled, do not use hand sanitizer but instead, wash your hands with soap and water.*