

# Hand Washing

When clean, running water is available, wash hands with soap and water and dry thoroughly. In child care centres, children and staff should use a sink that is dedicated for the purpose of hand hygiene.

Assist and supervise children when performing hand washing.

*Follow these steps for perfectly clean hands:*



1. Wet hands.



2. Apply soap. Child care centres must use liquid soap from a dispenser.



3. Lather for 15 seconds. Rub between fingers, fingertips, underneath nails, wrists, palms, and back of hands



4. Rinse well under running water.



5. Dry hands well with a disposable paper towel or an air dryer.



6. Turn taps off with the disposable paper towel. This will prevent hands from being contaminated.

# **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