



# Hand Washing

Hand washing is the most important infection control measure to prevent illness in yourself and the children you care for.

**When caregivers, children and parents wash their hands at the proper times and with the proper technique, the amount of illness in child care can be drastically reduced.**

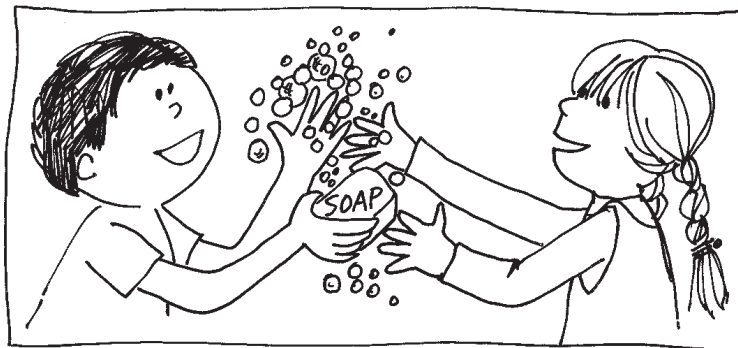
You may want to use *liquid soap* in your child care setting, as it is both easier and cheaper to use for hand washing. Bar soap is often left sitting in a pool of water, especially when many people are using it frequently. A soap bar, which is always wet, is a good place for germs to grow and multiply.

## When Should Hands Be Washed?

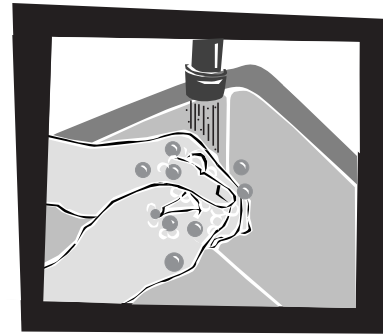
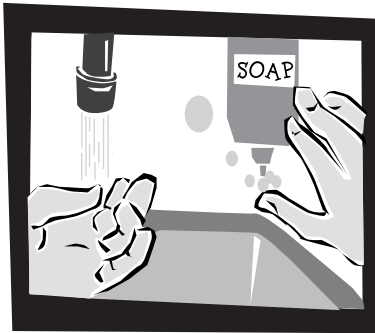
*When and how often* hands are washed is more important than what they are washed with.

**Caregivers, children and parents should wash their hands upon arrival at the program, and at least:**

Before and After	<ul style="list-style-type: none"><li>•Eating/drinking or handling food</li><li>•Feeding a child</li><li>•Giving medication (particularly eye drops/ointment, etc.)</li><li>•Playing in water that is used by more than one person</li></ul>
After	<ul style="list-style-type: none"><li>•Toileting, diapering and assisting a child in the toilet</li><li>•Handling body fluids such as blood, urine, stool, vomit, saliva, mucus, etc. (including wiping noses)</li><li>•Cleaning up or handling garbage</li><li>•Playing or working outdoors</li><li>•Handling pets and other animals, their cages, or other pet objects</li><li>•Touching sick children, especially those with skin lesions</li><li>•Handling uncooked food, especially raw meat and poultry</li><li>•Removing gloves used for any purpose</li><li>•Hands are visibly dirty</li></ul>

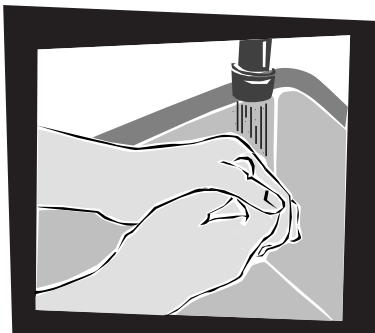


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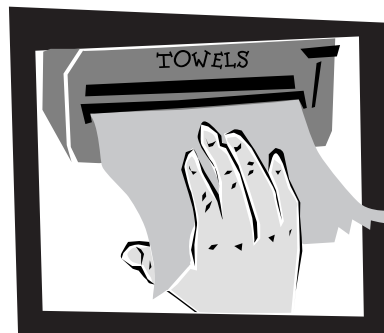


1. Wet hands and apply soap. Use warm running water which drains out. Liquid soap is best.

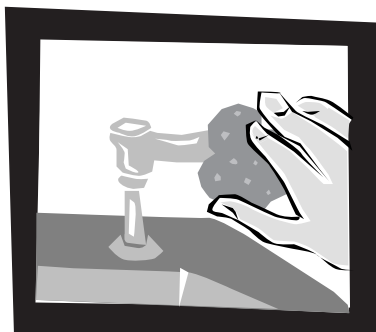
2. Rub hands together vigorously for at least 10 seconds. Scrub all surfaces



3. Rinse hands well under running water until all soil and soap are gone.



4. Dry hands with a fresh paper towel.



5. Turn off water with a paper towel—not with your clean hands.



6. Discard the used paper towels into a covered, lined trash container with a foot pedal.