

Assisting Children with Handwashing

When to Wash Hands

- Upon arrival
- Immediately before and after bottles or food
- After diapering/toileting
- After contact with body fluids
- Before and after water play
- After handling pets
- When hands are visibly dirty
- Before going home

Handwashing Steps

- Turn on warm water. (80-110°F in NC)
- Wet hands.
- Apply liquid soap.
- Wash hands for 20 seconds. Rub top and inside of hands, under nails and between fingers.
- Rinse hands under running water for at least 10 seconds.
- Dry hands with disposable paper towel.
- Turn off water with paper towel.
- Throw paper towel into a lined trash container.

Children Who Cannot Stand at or Roll to a Sink

When adult **cannot** hold infant or child at the sink:

Use the **3 Towel Method** to wash hands.

1. Wipe infant or child's hands with a damp paper towel moistened with a drop of liquid soap.
2. Wipe infant or child's hands with a second wet paper towel.
3. Dry infant's or child's hands with a third paper towel.

When adult **can** hold infant or child at the sink:

- Carry infant or child to sink.
- Hold infant or child at the sink. Do not push infant or child's tummy into the sink.
- Wash infant or child's hands.
- Wash your hands.



Children Who Can Stand at or Roll to a Sink

- Assist child with handwashing.
- Wash your hands.

