

## Handwashing Tips



Use hand lotion to prevent chapping. Chapped hands spread disease by holding germs in cracks in the skin.



Avoid jewelry and long or polished fingernails. They provide more complex surfaces that harbor germs and are hard to clean.



Hand sanitizers may be used when supervising children outdoors. Hands must be washed upon returning indoors. Hand sanitizers may not be used for diapering and before serving food outdoors.

## When to wash hands

- **Upon arrival** for the day or when moving from one child care group to another
- When hands are **visibly dirty**
- **Before and after:**
  - Food preparation, handling food, serving a child food
  - Eating food, bottle feeding, feeding a child
  - Giving medications
  - Playing in water that more than one person is using
  - Diapering
- **After:**
  - Using the toilet or assisting a child with toilet use
  - Handling body fluids: nasal mucus, blood, saliva, vomit
  - Handling uncooked food, especially raw meat or poultry
  - Handling animals or animal waste
  - Playing in sandboxes
  - Being outdoors
  - Removing disposable gloves
  - Cleaning or handling garbage
- **Before going home**

# Wash Those Germs Away! Adult Handwashing Procedures



\*Revised June 2011

## Handwashing – the best way to prevent the spread of infection



### Wet hands.

Have liquid soap and clean disposable or single use towels accessible. Use warm, running water to wet hands (80-110°F in NC).



### Apply liquid soap.



### Wash hands for 20 seconds.

Rub hands together until lather appears. Wash the front and back of hands, wrists, nail beds, between fingers, and under fingernails and jewelry. Continue for 20 seconds.



### Rinse well.

Rinse hands, fingers pointing downward, under warm, running water (80-110°F in NC).



### Dry hands.

Use a clean disposable or single-use towel or mechanical dryer to completely dry hands.



### Turn water off with the towel.

Dispose of towel in covered trash container lined with a disposable plastic bag.