

Handwashing Dos and Don'ts

Simple hand washing steps:

1. Turn on warm water.
2. Wet hands with water.
3. Apply liquid soap. Do not use an antibacterial soap.
4. Wash hands for 20 seconds. Rub top and inside of hands, under nails and between fingers.
5. Dry hands using a clean, disposable paper towel or an air dry blower.
6. Turn off water using the paper towel.
7. Throw paper towel away into a plastic lined, hands-free, covered trash receptacle.

Wipes, hand sanitizers (antiseptic waterless washes) may be substituted for children 24 months and older:

- ✓ Use only if hands are NOT visibly soiled.
- ✓ Use products which contain 60-95% alcohol.
- ✓ Follow the manufacturer's instructions (check the original package to see what directions are before scoring).
- ✓ VERY close supervision is required to insure that children avoid contact with eyes, mucus membranes and to prevent ingestion.

Note: A disposable wipe may be used for very young infants who have little body or head control (under 6 weeks of age).

Avoid recontamination:

1. At snack and lunch time, encourage children to wash hands and go directly to the table to avoid recontamination of hands.
2. Separate sinks for food preparation and hand washing are strongly suggested. If sinks are used for multiple purposes, they must be cleaned and disinfected after diapering /toileting and before food preparation.

Hand Washing Song – (10 seconds)

(Sing to Row, Row, Row Your Boat)

Wash, wash, wash your hands,

Play our handy game.

Rub and scrub and scrub and rub

Germ's go down the drain.

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When to wash hands:

Food-related:

- before and after cooking, serving or handling food (including bottles)
- before and after eating (including bottle feeding)

Toilet-related:

- after using the bathroom
- after checking or changing a diaper

Entry:

- upon arrival or re-entering from outside

Play:

- before and after water play
- before and after messy play, sand, painting, gluing, or other shared art/sensory activities

After handling bodily fluids:

- after handling body fluids such as blood, mucus or vomit
- after sneezing, coughing or wiping noses
- before and after touching sores, cuts or scrapes

After touching contaminated objects:

- before and after giving medication, or applying sunscreen
- after cleaning spills or touching trash receptacles or lids
- after handling toxic cleansers or pesticides
- after touching “mouthed” toys or pacifiers
- after changing soiled sheets or clothing
- after touching or feeding pets or other animals
- after smoking

Sources: *Family Child Care Environment Rating Scale Revised Edition*. Harms, T., Cryer, D., Clifford R., pp. 10, 29. *All About ECERS-R*. Harms, T., Cryer, D., Riley, C., pp. 114, 124. American Academy Of Pediatrics, American Public Health Association and National Resource Center for Health and Safety in Child Care and Early Education (2002). *Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs, 2011*. Elk Grove Village, IL: American Academy of Pediatrics and Washington, DC: American Public Health Association. Also available at <http://nrc.uchsc.edu>.