

## Hand Washing Guidelines

### Proper Hand Washing Procedure:

1. Place hands under running water. Apply liquid soap.
2. Rub hands together vigorously for at least 20 seconds creating a soapy lather. Be sure to scrub between fingers, under fingernails, backs of hands, and wrists.
3. Rinse well with running water
4. Dry hands with a paper towel
5. Turn off water using a paper towel, not your clean hands

*Note: The use of alcohol-based hand sanitizers does not substitute for hand washing in the preschool setting. Alcohol-based hand sanitizers are flammable and toxic if ingested by children.*

### When must you wash your hands?

- Before eating or handling food or medications
- Before feeding a child
- Upon entering the classroom
- After diapering a child
- After assisting a child with toileting
- After personal toileting
- After handling or cleaning body fluids, such as after wiping noses, mouths or bottoms and tending sores
- After handling or feeding animals
- After outdoor activities
- After handling raw food products
- After eating, drinking or smoking
- After using any cleaners or toxic chemicals

### When must your students wash their hands?

- Before eating
- Before playing in a water play table
- After toileting or having a diaper changed
- After outdoor activities
- After playing in sand
- After feeding or touching animals
- Any other time that the caregiver has reason to believe the child has come in contact with substances that could be harmful to the child.

My signature verifies that I have read and received a copy of the health and hygiene policies.

Mi firma verifica que he leído y recibido una copia de las políticas de salud e higiene.

Employee Name: \_\_\_\_\_ Employee Signature: \_\_\_\_\_

Date: \_\_\_\_\_