LITTLE Learners
CHILDREN'S CENTER

Hand Washing

Proper hand-washing procedures are followed by adults and children and include:-

Using liquid soap and running water; rubbing hands vigorously for at least 10 seconds including back of hands, wrists, between fingers under and around any jewelry, and under fingernails; rinsing well; drying hands with a paper towel, a single-use towel, or a dryer; and avoiding touching the faucet with just-washed hands (e.g., by using a papertowel to turn off water).

Children and adults wash their hands-

On arrival for the day

After diapering or using the toilet (use of wet wipes is acceptable for infants);*Toddlers' hands should be washed at a sink following proper procedures, with adult assistance as needed*.

After handling body fluids (e.g., blowing or wiping a nose, coughing on a hand, or touching any mucus, blood, or vomit)

Before meals and snacks, before preparing or serving food, or after handling any raw food that requires cooking (e.g., meat, eggs, poultry)

After playing in water that is shared by two or more people

After handling pets and other animals or any materials such as sand, dirt, or surfaces that might be contaminated by contact with animals; and

When moving from one group to another (e.g., visiting) that involves contact with infants and toddlers/twos

Adults also wash their hands:

Before and after feeding a child

Before and after administering medication

After assisting a child with toileting, and

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After handling garbage or cleaning.

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