

Wash Your Hands



ADULT HANDWASHING POLICY

WHEN

1. Always wash your hands:
 - upon arrival for the day or when moving from one child care group to another
 - before and after assisting children who are playing in water used by more than one person
 - after assisting children who are playing in sandboxes
 - after handling pets and other animals
 - after assisting with messy play
 - before and after handling, preparing, or consuming food
 - before helping serve the children's food or conducting a food activity
 - after diapering a child
 - after assisting a child in the bathroom or after personal toilet use
 - after handling body fluids (mucus, vomitus) and after wiping noses, mouths, bottoms or sore
 - after cleaning up body fluids or wiping tables
 - before and after giving any medication
 - before and after assisting with dental care
 - before and after treating or bandaging a wound
 - after removing medical gloves

HOW

2. Use running water that drains. Do not use a container or stoppered sink.
3. Use soap (preferably liquid).
4. Rub hands together vigorously for at least 15 seconds. Rub back of hands, wrists, between fingers, and under fingernails.
5. Rinse hands under running water for 30 seconds.
6. Dry hands with a single use paper towel.
7. Turn off faucet with a paper towel instead of bare hands.

WHERE

8. A hand washing poster should be placed above sinks in the center.
9. While in the center, staff should make volunteers aware of the importance of proper hand washing and following the Policy.
10. While out of the center, staff should be aware of proper hand washing. If no running water is available, a disposable wet wipe or hand sanitizer may be used even though it is not as effective.

CHILDREN'S HANDWASHING (INCLUDING INFANTS!)

Helping children to see the need for proper hand washing is the responsibility of the Head Start/Early Head Start staff. Be sure children's hands are washed, too, especially,

- when they arrive at the center/prior to A.M. meal.
- before and after they eat or drink.
- after they use the bathroom or get their diaper changed.
- after they have touched a child who may be sick.
- if they come in contact with the body fluids of another child.
- after wiping noses, mouths, sores, etc.

Early Head Start: Hand washing for infants and toddlers requires that hands be washed with liquid soap and running water for at least 15 seconds. However, to avoid injury of a child in certain circumstances (e.g., a newborn baby with no head control, a very heavy baby with little body control) use of a disposable wipe is an acceptable substitute.

Use of Disposable Gloves

Always use disposable gloves when dealing with any type of body fluids. Change gloves after contact with each child. Do not use gloves as a substitute for hand washing. Wash hands immediately after removing gloves. Use gloves in the following situations.

- when changing diapers or soiled undergarments.
- when in contact with blood or blood containing fluids, especially if caregiver has open sores or cuts.
- when cleaning surfaces that have been contaminated with blood or body fluids (examples - feces or vomitus).
- when providing dental care if the Teacher has open sores or cuts
- when providing dental care to infants using gauze pads and inserting their fingers into the infants' mouths

*Follow the Diapering Policy (4.6) and Toilet Training Policy (4.25) in conjunction with the Hand Washing Policy.TNL 1240-4-3-.11 (5) (a-c)