

# KNOW THE FACTS!

## HAND WASHING IN DAYCARE SETTINGS

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*Staff and children at your daycare center may be carrying communicable diseases without showing symptoms or knowing they are contagious. Hand washing is the most effective means of reducing germs and infections in group settings. That is why it is so important that everyone at your center wash their hands frequently, especially after performing certain tasks or activities. This will help reduce the risk of transmitting colds and other communicable diseases through your center.*

### Hand washing should occur:

When arriving for the day or when moving from one group of children to another

### Before and After:

- Eating, handling food, or feeding a child; especially important for children who eat with their hands to decrease the amount of saliva on their hands
- Administering a medication
- Playing with water that is used by more than one person

### After:

- Diapering and toileting
- Sneezing and coughing
- Exposure to a sick person
- Handling body fluids (e.g. mucus, blood, vomit)
- Wiping noses, mouths and sores
- Handling uncooked food, especially raw meat and poultry
- Handling pets and other animals
- Playing in sandboxes (to prevent the ingestion of zoonotic parasites that could be present in contaminated sand and soil)
- Cleaning
- Handling garbage

When leaving for the day.



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### HAND WASHING IN DAYCARES (cont.)

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Follow these steps to ensure you have properly washed your hands:

Follow these steps to ensure you have properly washed your hands:

- Make sure a clean, disposable paper (or single-use) towel is available
- Turn on water (no less than 60 degrees Fahrenheit and no more than 120 degrees Fahrenheit)
- Moisten hands with water and apply soap to hands
- Rub hands together vigorously until soapy lather appears and continue for at least 20 seconds (have children sing Happy Birthday as a reminder of how long it should take them to wash); rub areas between fingers, around nail beds, under fingernails and jewelry, and on back of hands
- Rinse hands under running water until free of soap and dirt; leave water running while drying hands
- Dry hands with a clean, disposable paper towel or single-use cloth towel
- If taps do not turn off automatically, turn taps off with a disposable paper towel or single-use cloth towel (shared towels can transmit infectious diseases)
- Use the paper towel to open the door to the bathroom
- Dispose of the paper towel in the garbage

*Additional information, including posters and fun, educational activities for children are available on our Web site, [www.hamiltoncountyhealth.org](http://www.hamiltoncountyhealth.org), and the Henry the Hand Web site, [www.henrythehand.com](http://www.henrythehand.com).*

*For more information, call the Nursing Division at 513.946.7882.*



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