



SANITATION AND HYGIENE



- 1) Signs will be posted at each sink with the times when hand washing is required and the steps to follow.
- 2) All staff, volunteers, and children will wash their hands at the following times:
 - Upon arrival for the day, when moving from one child care group to another or coming in from outdoors
 - Before and after eating, handling food or feeding a child
 - Giving medication
 - Playing in water that is used by more than one person
 - After Diapering and toileting, handling bodily fluids (mucus, blood, vomit) and wiping noses, mouths, and sores
 - After cleaning or handling garbage, handling pets or other animals and playing sandboxes.

PROCEDURE FOR STAFF, VOLUNTEERS AND CHILDREN TO FOLLOW WHEN WASHING HANDS

- Moisten hands with water and apply liquid soap
- Rub hands with soap and water for at least 10 seconds. Include between fingers, under and around nail beds, backs of hands, wrists and any jewelry
- Rinse hands well under running water with fingers down so water flows from wrist to finger tips. Leave water running.
- Dry hands with paper towel or approved drying device.
- Use a towel to turn off the faucet and, if inside a toilet room with closed door, use towel to open the door. Discard towel in trashcan.
- If a child is too heavy to hold for hand washing at the sink and cannot be brought to the sink for hand washing, use disposable wipes or a damp paper towel with drop of liquid soap to clean child's hands. Dry child's hands with a fresh paper towel. Note: this method is less satisfactory than washing at the sink where the soil can be rinsed off in running water.