

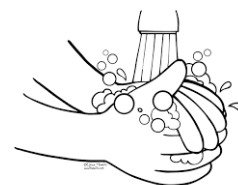
When to Wash Hands



Always use soap and running water

1.	Upon arrival & again before going to breakfast table.
2	After using the restroom or diapering.
3	After possible contact with bodily fluids (anything that comes out of the body).
4	After blowing nose, or helping someone blow their nose.
5	After sneezing or coughing on your hands.
6	Before table washing and table setting.
7	Before food activities/preparation (including baby bottles). NA for food activities during COVID, no group food activities. Still true for infant/toddler food prep activities.
8	Before eating.
9	After playing outside.
10	Before & after playing in a group water table, sensory table, or with group playdough (NA during COVID, as no such group use of these materials is allowed)
11	After touching animals or pets.
12	Adult: Before and after diaper changing/or helping a child change clothes after an accident.
13	Adult: Before inserting contact lenses.
14	Adult: Treating wounds or giving medicine.
15	Staff: After handling garbage/garbage can lids or cleaning chemicals. Trashcans are hands-free for general use
16	After shaking hands. (NA during COVID, as social distancing is in place).
17.	When hands are visibly dirty.
18.	Before going home.

How to Wash Hands



1.	Wet your hands with warm running water.
2.	Apply liquid soap.
3.	Lather well with hands out of the water.
4.	Rub hands vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of hands, wrists, between fingers and under fingernails.
5.	Rinse well.
6.	Dry hands with 1 time use paper towel.
7.	Use paper towel or elbow to turn off the faucet, if not automatic.
8.	Place paper towel in hands-free trash can.

NOTE:

DHR prohibits the use of hand sanitizer on children.

Hand sanitizer is not a substitute for adult hand washing at ACHR. Hand sanitizer must be kept under lock and key.