Hand Washing Procedure

Regulations		
EHS/HS: 1302.47 (6)	ECEAP: ENV-20	WAC: 110-300-0200

Purpose

Hand hygiene is the most important way to reduce the spread of infection.

Guidance

Staff must model the proper way to wash hands and monitor children as they learn how to wash their own hands. The *Wash Your Hands Poster* must be posted above each hand washing sink. Follow the directions on the poster each time you wash your hands. Liquid soap, warm water (85-120° F) and single-use towels must be available for staff and children at all sinks, always.

How to Wash Hands

- Turn on water and adjust temperature.
- Wet hands and apply a liberal amount of soap.
- Rub hands from wrists to fingertips, including in between fingers for a period of not less than 20 seconds.
- Rinse thoroughly.
- Dry hands, using an individual towel.
- Use hand-drying towel to turn off water faucet(s).

When to Wash Hands

Adults	Children
All staff, parents/visitors, and volunteers wash handswith soap and water, as is applicable: • Upon arrival at the site • Before and after preparing, serving, eating foods, feeding a child, and cooking activities • Before, during (with wet wipe – this step only),and after diaper changing • Before and after giving medication or applying topical ointment • Before and after water play • Before preparing bottles • After toileting self or children • After handling or coming in contact with bodyfluids such as mucus), blood, saliva (tooth brushing), or urine • After cleaning or handling the garbage • After attending to an ill child • After using tobacco or vapor products • After being outdoors • After feeding, cleaning, or touching pets/animals • After giving First Aid	**Assisted or supervised handwashing:** • Upon arrival at the site • Before and after meals and snacks or cooking activities (in handwashing, not in food prep sink) • Before and after water play • After toileting or diapering • After handling or coming in contact with bodyfluids such as mucus, blood, saliva (tooth brushing), or urine • After outdoor play • After touching animals

Hand Sanitizers- Hand sanitizers cannot replace warm running water and soap for children and adults in Early Learning environments and may only be used if proper handwashing facilities are not available. They cannot be used for children under 2 years of age.