

Wash Your Hands After...

1



**Playing with
pets**

2



**Using the
bathroom**

3



**Sneezing, blowing
your nose &
coughing**

4

AND Before...



**Touching a cut or
open sore**

5



Playing outside

6

AND Before...



Eating

Developed by University of Nebraska—Lincoln Extension in Lancaster County and Lincoln-Lancaster County Health Department

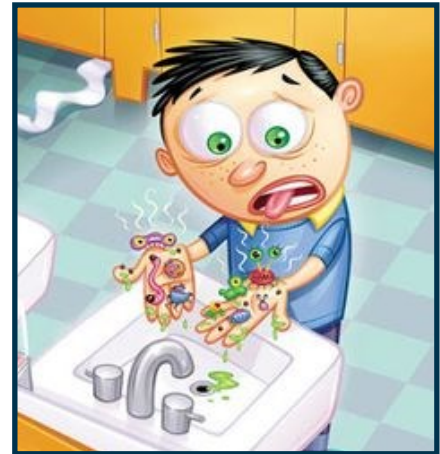
Washing Hands

When to wash your hands:

All staff and children's hands must be washed with soap and warm running water for at least 20 seconds.

Wash hands BEFORE:

- Preparing and serving food, snacks, or bottles
- Eating
- Giving medication or taking temperatures
- Cleaning wounds or changing bandages
- Handling sensory or water tables
- Putting on disposable gloves



Wash hands AFTER:

- **ANY** contact with urine, stool, vomit or any other bodily fluids
- Sneezing, coughing, or blowing nose
- Playing outside
- Messy activities
- Using the toilet
- Changing a diaper
- Changing a bandage
- Playing with animals
- Cleaning activities



Remember:

- Hand washing sinks must be regularly supplied with soap and paper towels.
- Diapered age children must have their hands washed for them, especially after a diaper change.
- Children must be monitored and reminded of the hand washing steps each day.
- Hand sanitizers and wipes may **ONLY** be used after appropriate hand washing or at times and in areas where hand washing facilities are not available, such as on a field trip.

HAND WASHING

- Wet hands using warm running water.
- Add soap and rub hands outside of the water for 20 seconds.
- Wash all surfaces, including:
 - ⇒ Back of hands
 - ⇒ Wrists
 - ⇒ Between fingers and under fingernails
- Rinse hands well.
- Dry hands with a paper towel.
- Turn off the water with the same paper towel.
- Throw the paper towel away.



Remember:

- Clean hands prevent germs from spreading and can save lives.
- Do not use hand sanitizer in place of hand washing.

