



Hand Washing

Proper hand-washing procedures are followed by adults and children and include:

Using liquid soap and running water; rubbing hands vigorously for at least 10 seconds including back of hands, wrists, between fingers under and around any jewelry, and under fingernails; rinsing well; drying hands with a paper towel, a single-use towel, or a dryer; and avoiding touching the faucet with just-washed hands (e.g., by using a paper towel to turn off water).

Children and adults wash their hands:

After using the toilet *at a sink following proper procedures.*

After handling body fluids (e.g., blowing or wiping a nose, coughing on a hand, or touching any mucus, blood, or vomit)

Before meals and snacks, before preparing or serving food, or after handling any raw food that requires cooking (e.g., meat, eggs, poultry)

After handling water that two or more children have played in

After handling pets and other animals or any materials such as sand, dirt, or surfaces that might be contaminated by contact with animals; and

Adults also wash their hands:

Before and after preparing snack

Before and after administering medication

After assisting a child with toileting, and

After handling garbage or cleaning.

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