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.