

# Adult Handwashing

---

## Handwashing facts

Proper handwashing is one of the easiest and most effective ways to stop the spread of disease. Teaching children good handwashing habits early in life can help them lead a healthier life. Washing your hands will help keep you, your family and your children healthy.

## When to wash hands:

All infant's and children's hands must be washed with soap under running warm water. Children must be supervised while washing hands in a handsink.



### *Wash your hands:*

- Immediately after reporting to work
- After using the restroom or helping a child use the restroom
- After changing a diaper and dressing a child
- Before putting on gloves and after removing them
- After cleaning activities, such as handling soiled dishes, cleaning floors, laundry, etc.
- After handling or cleaning up after pets
- After handling raw meats
- After contacting a child's or your own body fluids such as runny noses, coughing, spit, vomit, etc.
- Before handling food, food utensils or eating
- Before feeding a child
- Before and after administration of medications and first aid to a child or self
- Before handling sensory or water tables
- As often as necessary to keep them clean

### *Wash (or help wash) children's hands:*

After they use the restroom or have their diaper changed

After contact with pets

After they sneeze, cough or blow their nose

Before they handle or eat food

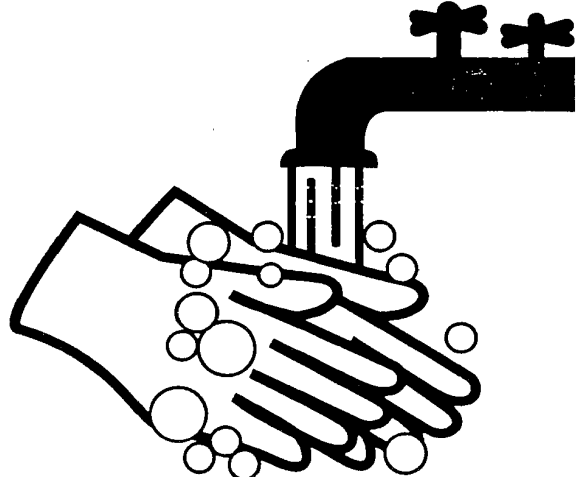
Before using water tables

After playing on the playground

As often as necessary to keep them clean

## Proper handwashing steps:

1. Use soap and warm running water.
2. Scrub hands for at least 20 seconds and a nail brush is recommended
3. Wash all surfaces including:
  - Between fingers
  - Under fingernails
  - Back of hands
  - Wrists
4. Rinse well.
5. Dry hands with a clean paper towel.
6. Turn off the water using the paper towel, and then throw the towel away.



## Hand Sanitizers and Wipes:

Do not use in place of handwashing. May be used after appropriate handwashing. Hand sanitizers and wipes may be used at times and in areas where hand washing facilities are not available, such as on field trips.

## For more information contact:



Eleven offices along the front range serving the residents of Adams, Arapahoe and Douglas Counties  
Administration Office: 7000 East Belleview Avenue, Suite 301 • Greenwood Village, Colorado 80111  
Telephone: 303-220-9200 • Fax: 303-220-9208 • Website: [www.tchd.org](http://www.tchd.org)