

Child Care Provider Tip Sheets

Handwashing Tips

Why should we wash?

Handwashing is the best way to prevent the spread of disease.

Who should wash?

Adults AND children should wash.

When should we wash?

- Upon arrival at the home or center
- Before and after shared water play
- After messy play, such as sand or paint
- After coming into contact with bodily fluids such as saliva, mucous, tears
- Before meals and snacks – and again after if finger foods are served.

How should we wash?

- Wet your hands with water
- Get a pump of soap
- Lather well, for approximately 10 seconds
- Rinse soap off
- Use a disposable paper towel or individual cloth towel to dry your hands.