



SUPPLEMENTAL HEALTH PROGRAM FOR CHILD CARE CENTERS PROVIDING INFANT-TODDLER CARE HANDWASHING PROCEDURE

State Form 49961 (R4 / 2-15)

FSSA - MS02
402 WEST WASHINGTON STREET, RM W361
INDIANAPOLIS, IN 46204

STEPS TO FOLLOW

1. Wet hands with warm running water.
2. Use plenty of soap to make a good lather.
3. Keep fingers pointed toward the drain.
4. Scrub front and backs of hands; wash wrists, between fingers, around fingernails and rings for at least twenty (20) seconds.
5. Rinse well with running water.
6. Dry hands with clean disposable towel or wall-mounted drying device.

KEY POINTS

1. The faucet should provide at least thirty (30) seconds of continuously running warm water.
2. Liquid soap is preferred, antibacterial soaps should be avoided in child care.
3. It is the friction from scrubbing which helps to remove much of the dirt and bacteria that is present.
4. Paper toweling is preferred. Some drying devices blow contaminants into the air where they can be inhaled. It is recommended that paper toweling be used to turn off manual faucets.

BOTH CHILDREN AND STAFF MUST WASH THEIR HANDS:

1. Before and after preparing meals or snacks
2. Before and after eating meals or snacks
3. After handling body fluids, sneezing or coughing into hands
4. After toileting or diaper changes
5. After handling animals

IN ADDITION, STAFF MUST WASH THEIR HANDS:

1. Before and after feeding infants and children
2. Before and after bathing infants and children
3. Before and after diapering an infant or assisting a child with toileting
4. Before and after wiping a child's nose

HANDWASHING IS RECOMMENDED:

1. After touching contaminated surfaces, such as taking out the trash
2. After coming in from the outdoors
3. Upon arrival at the child care center and before leaving
4. After sensory play involving water, sand, play dough, etc.
5. Before and after administering medication to a child