

Super Clean Hands

Handwashing

Hands should be washed to reduce the spread of germs and illnesses.

Hands should be washed if they are visibly dirty and...

- After coughing, sneezing, & blowing your nose
- After going to the bathroom, handling diapers or helping a child/person with toileting
- After touching animals including feeding or picking-up their waste
- After cleaning, sanitizing and disinfecting
- After touching garbage
- After caring for someone who is sick
- After treating an injury or wound
- After touching your eyes
- After entering a child care facility
- Before & after eating and working with food

Soap & Water:



1. Turn on the water (warm or cold)



2. Wet hands



3. Add soap (liquid or bar soap)



4. Rub the front, back of your hands and wrist. Get under your fingernails and between your fingers. Rub hands together for 20 seconds. (It could be helpful to sing ABC's or another song to make hand washing fun and so children will know when 20 seconds is over.)



5. Rinse all the soap off hands



6. Dry hands on towel



7. Turn off water

Hand Sanitizer:

- If soap & water are not available, then use hand sanitizer
- It must be at least 60% alcohol based
- If hands are visibly dirty, they should be washed with soap & water

Resource:

- Centers for Disease Control and Prevention (CDC): Handwashing: Clean Hands Save Lives CDC-TV: Health Matters Series of Videos on Handwashing <https://www.cdc.gov/handwashing/videos.html>

References:

- Centers for Disease Control and Prevention (CDC): Cleaning and Disinfection for Community Facilities: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>
- Mayo Clinic: Healthy Lifestyle, Adult Health: Hand-Washing Do's and Don'ts <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/hand-washing/art-20046253>

Super Clean Hands



1 Turn on the water



2 Wet your hands



3 Add soap to your hands



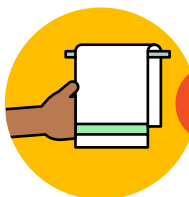
4 Rub your hands together with soap (for 20 seconds)



5 Rinse your hands



6 Turn off the water



7 Dry your hands.
Get them super dry!