





Washing Your Hands

				
1. Turn water on. <ul style="list-style-type: none"> Be sure clean, disposable paper towels are available. Turn on warm water. (90-110°F in NC) 	2. Wet hands. <ul style="list-style-type: none"> Wet hands with water. 	3. Apply soap. <ul style="list-style-type: none"> Apply liquid soap. 	4. Wash hands. <ul style="list-style-type: none"> Wash hands well for at least 10-15 seconds. Rub top and inside of hands, under nails and between fingers. 	
				
5. Rinse hands. <ul style="list-style-type: none"> Rinse hands under running water for at least 10 seconds. 	6. Dry hands. <ul style="list-style-type: none"> Dry hands with clean, disposable paper towel. 	7. Turn water off. <ul style="list-style-type: none"> Turn off the water using the paper towel. 	8. Throw paper towel away. <ul style="list-style-type: none"> Throw the paper towel into a lined trash container. 	

Teach children to wash their hands:

- Upon arrival to the center

- Before and after eating

- After using the toilet/diapering

- After coughing or contact with body fluids: runny nose, blood, vomit
- Before and after using water tables
- After outside play
- After handling pets

- Whenever hands are visibly dirty
- Before going home
