

BEACHWOOD NURSERY SCHOOL & EARLY LEARNING CENTER

Policy on Handwashing Hygiene:

Proper and regular hand washing by adults and children can help prevent the spread of illness. Hand washing is the easiest, least expensive, and most effective way to stop the spread of germs that cause illness. Our hands pick up germs from objects, other children and adults, food, surfaces, and our own bodies. Once germs are on our hands, they can easily enter our bodies or those we care for and cause illness. Follow these steps for proper hand hygiene at a sink:

1. **Wet your hands with warm running water; Add (liquid) soap.**
2. **Scrub all surfaces on hands. Rub vigorously for 20 seconds.** Wash carefully between fingers, around the tops & bottoms of hands, over wrists; (& under nails using a nail brush)
3. **Rinse your hands under warm running water, leave the water running while drying hands.**
4. **Dry your hands with a clean, disposable paper towel.**
5. **Turn off the faucet, using the disposable paper towel, instead of your clean hands.**
6. **Discard the used paper towel into a covered trash container with foot pedal, lined with a plastic bag.**

Wash your hands thoroughly before you:

Bottle feed a baby
 Handle food utensils
 Handle, prepare, serve, or touch food
 Eat, drink, or feed food to babies or children
 Put away clean dishes
 Give Medication
 Play in water that is used by more than one person
 Play with playdough

Wash your hand thoroughly after you:

Arrive at school for the day	Handling mouthed toys
Change diapers or change a child's clothing	Playing in sand or water play
Use the bathroom or assist a child w/toileting	Immediately after outdoor play/work
Handle an Infant, Child or Adult who is ill	Moving from one group to another
Wipe noses, mouths, bottoms, sores, cuts	Sneezing into tissues or your hands
Cleaning or handling garbage	
Handling animals or cleaning up animal waste	
Handling body fluids: urine, feces, mucus, blood, vomit	

Alternate Hand Wash for Children Unable to Stand or Be Held at a sink:

1. Use disposable wipes or a damp paper towel moistened with soap to clean the child's hands
2. Wipe the child's hands with a paper towel wet with clear water.
3. Dry the child's hands with a fresh paper towel

Alcohol-based Hand Sanitizers may be used with children older than 24months and by adults on hands that are not visibly soiled