

# Washing Your Hands



## 1. Turn water on.

- Be sure clean, disposable paper towels are available.
- Turn on warm water. (90-110°F in NC)



## 2. Wet hands.

- Wet hands with water.



## 3. Apply soap.

- Apply liquid soap.



## 4. Wash hands.

- Wash hands well for at least 10-15 seconds. Rub top and inside of hands, under nails and between fingers.



## 5. Rinse hands.

- Rinse hands under running water for at least 10 seconds.



## 6. Dry hands.

- Dry hands with clean, disposable paper towel.



## 7. Turn water off.

- Turn off the water using the paper towel.



## 8. Throw paper towel away.

- 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

