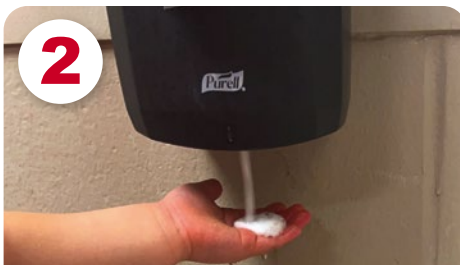




1 Turn on the water to a comfortable temperature and wet your hands.



2 Turn off the faucet and apply non-antibacterial liquid soap. The water can be left running if your program chooses, but it is not required.



3 Wash your hands for twenty seconds. Set a timer or sing the Happy Birthday song twice to ensure the twenty seconds is met.



4 Scrub your hands together to create a soapy lather. Cover all surfaces of your hands: palms, fingertips, fingernails, thumbs, and the back of your hands.

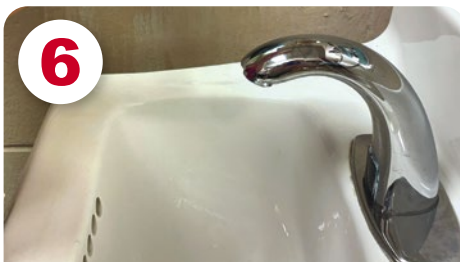
Child Care Hand Washing Procedure

WHEN TO WASH YOUR HANDS: Children and adults should wash their hands upon arrival; before and after preparing food, eating, feeding a child, shared moist sensory play (e.g. water play, playdough); and after toileting/ diapering, sand play, dealing with bodily fluids (e.g. blowing noses), playing outside, touching animals or contaminated objects, giving first aid; and whenever hands appear dirty.

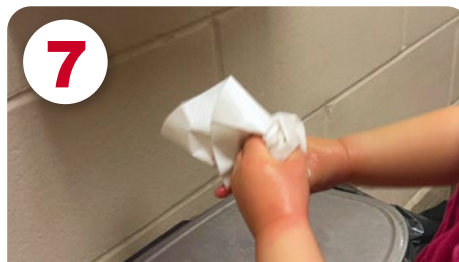
✂
OPTIONAL: Cut along the dotted line and align pieces side by side. Tape or glue together and place by your hand washing sink.



5 After scrubbing, rinse your hands under running water until they are free of soap and dirt.



6 After rinsing, turn off the water. A paper towel or a single-use cloth may be used to turn off the faucet, but it is not required.



7 Dry your hands with a clean, disposable paper towel or a single-use cloth towel. Or, dry thoroughly with an air dryer.



8 Throw the disposable paper towel into a plastic-lined, hands-free, covered trash can.