

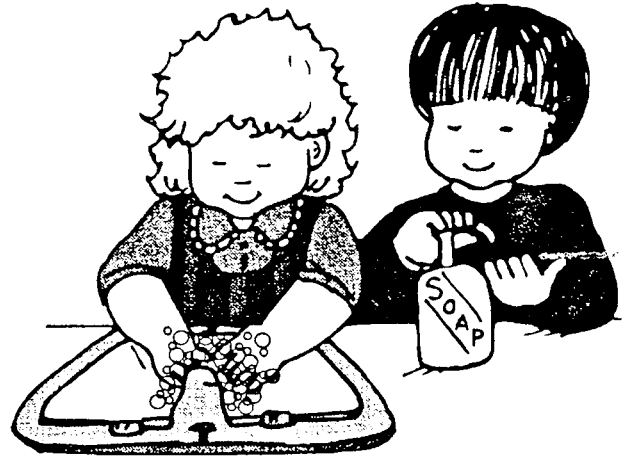
Child Handwashing

Handwashing facts

Proper handwashing is one of the easiest and most effective ways to stop the spread of disease. Teaching children good handwashing habits early in life can help them lead a healthier life. Washing your hands will help keep you, your family and your children healthy.

When to wash hands:

An infants hands shall be washed with soap and warm water using an individual washcloth and dried with disposable towels. Other children must be supervised while washing hands in a handsink.



Wash your hands:

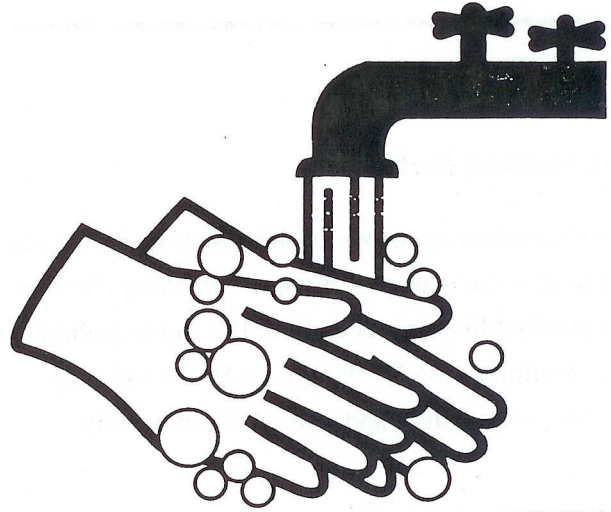
- After using the restroom or helping a child use the restroom
- After changing a diaper and dressing a child
- Before putting on gloves and after removing them
- After cleaning activities
- After handling or cleaning up after pets
- After handling raw meats
- After contacting a child's body fluids such as runny noses, coughing, spit, vomit, etc.
- Before handling food or eating
- Before feeding a child
- Before and after giving or applying medication or ointment to a child or self
- As often as necessary' to keep them clean

Wash (or help wash) children's hands:

- After they use the restroom or have their diaper changed
- After contact with pets
- After they sneeze, cough or blow their nose
- Before they handle or eat food
- Before using water tables
- After playing on the playground
- AS often as necessary to keep them clean

Proper handwashing steps:

1. Use soap and warm running water.
2. Scrub hands for at least 20 seconds and use a nail brush.
3. Wash all surfaces, including: . between fingers under fingernails back of hands wrists
4. Rinse well
5. Dry hands with a clean paper towel.
6. Turn off the water using the paper towel, and then throw the towel away.



Hand Sanitizers:

Do not use in place of handwashing. May be used after appropriate handwashing.

For more information contact:



**Tri-County
Health
Department**

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