Wash Those Germs Away!
Adult Handwashing Procedures

Handwashing – the best way to prevent the spread of infection

1. Wet hands.
   - Have liquid soap and clean disposable or single use towels accessible.
   - Use warm, running water to wet hands (80-110°F in NC).

2. Apply liquid soap.
   - Rub hands together until lather appears.
   - Wash the front and back of hands, wrists, nail beds, between fingers, and under fingernails and jewelry.
   - Continue for 20 seconds.

3. Wash hands for 20 seconds.
   - Rub hands together until lather appears.
   - Wash the front and back of hands, wrists, nail beds, between fingers, and under fingernails and jewelry.
   - Turn water off with the towel.
   - Dispose of towel in covered trash container lined with a disposable plastic bag.

4. Rinse well.
   - Rinse hands, fingers pointing downward, under warm, running water (80-110°F in NC).

5. Dry hands.
   - Use a clean disposable or single-use towel or mechanical dryer to completely dry hands.

6. Handwashing Tips
   - Use hand lotion to prevent chapping. Chapped hands spread disease by holding germs in cracks in the skin.
   - Avoid jewelry and long or polished fingernails. They provide more complex surfaces that harbor germs and are hard to clean.
   - Hand sanitizers may be used when supervising children outdoors. Hands must be washed upon returning indoors. Hand sanitizers may not be used for diapering and before serving food outdoors.
   - When to wash hands
     - Upon arrival for the day or when moving from one child care group to another
     - When hands are visibly dirty
     - Before and after:
       - Food preparation, handling food, serving a child food
       - Eating food, bottle feeding, feeding a child
       - Giving medications
       - Playing in water that more than one person is using
       - Diapering
     - After:
       - Using the toilet or assisting a child with toilet use
       - Handling body fluids: nasal mucus, blood, saliva, vomit
       - Handling uncooked food, especially raw meat or poultry
       - Handling animals or animal waste
       - Playing in sandboxes
       - Being outdoors
       - Removing disposable gloves
       - Cleaning or handling garbage
     - Before going home

*Revised June 2011*