



WHEN TO WASH YOUR HANDS

✓ Upon arrival for the day, after breaks, or when moving from one child care group to another;

✓ Before and after:

- Preparing food or beverages;
- Eating, handling food, or feeding a child;
- Giving medication or applying a medical ointment or cream in which a break in the skin (e.g., sores, cuts, or scrapes) may be encountered;
- Playing in water that is used by more than one person;

✓ After:

- Using the toilet or helping a child use a toilet;
- Diapering;
- Handling bodily fluid (mucus, blood, vomit), from sneezing, wiping and blowing noses, from mouths, or from sores;
- Handling animals or cleaning up animal waste;
- Playing in sand, on wooden play sets, and outdoors;
- Cleaning or handling the garbage.

Based on: Caring for Our Children, 3rd edition, 2011, Standard 3.2.2.1