



## When to Wash Hands

*Prepared by the Health & Safety Specialists at Child Care Aware® of North Dakota*

### Children

- Upon arrival at the child care setting
- Immediately before and after eating
- After using the toilet or having their diaper/underwear changed
- Before and after sensory play (water tables, play dough, floam, etc.)
- Before setting table or helping with food prep
- After playing outside
- After playing in the gym or large motor room
- When re-entering the classroom
- After handling pets, pet cages, or other pet objects
- After blowing or wiping their nose
- Whenever hands are visibly dirty
- Before going home
- After sand tables/sand play
- After applying sunscreen or insect repellent

### Providers

- Upon arrival at work
- Whenever you enter a child care room to cover breaks, or if you leave the room and re-enter
- Before and after handling food, preparing bottles/food, or feeding children
- Right before setting the table for meals or snacks
- After using the toilet or assisting a child in using the toilet
- After changing a diaper/pull-up
- After coming in contact with a child's body fluids – blood, urine, stool, vomit, saliva, mucus, etc. (including wiping noses)
- After handling mouthed toys
- Before and after eating
- After handling pets, pet cages, or other pet objects
- Whenever hands are visibly dirty
- After cleaning up or handling garbage
- After playing or working outside
- After removing gloves for any purpose (if gloves are being used, hands should be washed immediately after gloves are removed even if hands are not visibly contaminated. Use of gloves alone will not prevent contamination of hands or spread of germs and should not be considered a substitute for handwashing)
- Before and after giving medications or applying creams/ointments
- After applying sunscreen and insect repellent
- Before going home