

Washing Your Hands

* Revised: December 2010



1. Turn water on.

- Be sure **clean, disposable paper towels** are available.
- Turn on **warm water**. (80-110 °F in NC)



2. Wet hands.

- Wet hands with water.



3. Apply soap.

- Apply **liquid soap**.



4. Wash hands.

- Wash hands well for 20 seconds. Rub top and inside of hands, under nails and between fingers.



5. Rinse hands.

- Rinse hands under running water for at least 10 seconds.



6. Dry hands.

- Dry hands with clean, disposable paper towel.



7. Turn water off.

- Turn off the water using the paper towel.



8. Throw paper towel away.

- Throw the paper towel into a lined trash container.

Teach children to wash their hands:

- Upon arrival to the center



- Before and after eating



- After using the toilet/diapering



- After coughing or contact with body fluids: runny nose, blood, vomit

- Before and after using water tables

- After outside play

- After handling pets



- Whenever hands are visibly dirty

- Before going home

