



Building Blocks of Healthy Child Care

Be a Handwashing Hero: Tips for Providers

Here are some tips to ensure safety and success for great handwashing habits!

Handwashing Key Moments

- ✓ Before eating food
- ✓ After going to the bathroom
- ✓ After blowing your nose, coughing or sneezing
- ✓ Anytime your hands are dirty
- ✓ Before and after caring for someone who is sick
- ✓ Before and after treating a cut or wound
- ✓ After changing diapers or cleaning up a child who has used the toilet
- ✓ After touching garbage
- ✓ After cleaning up a mess or accident

Building Blocks of Hand Hygiene: Tips for Potty Training Children

It's never too early to teach children proper hand hygiene. Follow these steps to make it fun and keep your day care clean and healthy!

1. Don't let children leave the bathroom without washing their hands.
2. Provide lower sinks or stools so children can reach the faucet and paper towels or air dryers.
3. Teach children to always use soap.
4. Teach children to wash their hands for 20 seconds by singing the ABC song twice.
5. Teach children to thoroughly dry their hands and dispose of paper towels.
6. Teach children to avoid touching their face and eyes when they have soap on their hands.
7. Thoroughly wash your hands, following the same handwashing practices you teach the children.
8. Use your bathroom break or naptime to read the product label and properly disinfect frequently touched surfaces in the bathroom like doorknobs and sink faucets.

A Word About Hand Sanitizer

Avoid using hand sanitizer with young children unless handwashing isn't available. When handwashing is not available follow these guidelines:

- ✓ Always supervise children, making sure they don't ingest hand sanitizer.
- ✓ Follow the directions on the label, including the appropriate amount.
- ✓ Don't store hand sanitizer in sight or reach of children, as the colors and containers could appear as food or drinks.

If you think a child has ingested any amount of hand sanitizer, call your local poison control center immediately!

POISON CONTROL PHONE NUMBER: _____



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