



## HAND WASHING

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**The most effective way to prevent the spread of germs is to wash hands frequently. Hands must always be washed before and after giving any medication.**

- Remove all jewelry. If you do not remove your jewelry, it is recommended you use a nailbrush to scrub around the jewelry.
- Prepare a paper towel for drying clean hands.
- Turn on warm water; wet hands.
- Squirt liquid soap on hands.
- Lather soap in hands making sure to rub backs of hands, in between fingers, up to wrists, as well as under fingernails.
- Hands must be washed for a minimum of **20** seconds.
- Rinse off soap, with hands turned down towards the drain, until clear of soap.
- Dry hands with a single use paper towel.
- Turn off water with a paper towel and throw towel away.
- Apply lotion as needed.

### WASHING CHILDREN'S HANDS

- Children who can stand should be able to wash their hands on their own without your assistance. Follow the above steps.
  - For infants,
    - You can use a single use paper towel or disposable baby wipes to clean a small child's hands if she is unable to wash her own hands
- OR
- Hold the child over the sink so that her hands can hang freely under the running water
  - Lather soap in the infant's hands
  - Rinse the child's hands under the running water
  - Dry thoroughly

Commercial "waterless" hand washing gels or wipes are not a substitute for hand washing using running water and soap. Gels and wipes may be used in situations where running water and soap are not available. As soon as you can, hands must be washed in running water with soap. It's important to know that many of these hand washing solutions have high concentrations of alcohol and may be dangerous to children if ingested.