



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