

# CHILD CARE TIPS

## Child Care Health Consultation



## Hand Washing Steps

### How to do it

1. Wet hands with warm running water.
2. Apply liquid soap to your hands.
3. Rub hands vigorously, remembering to wash backs and palms of hands, between fingers, under fingernails, and around wrists.
4. Wash hands for at least 20 seconds. Sing “Happy Birthday” or “Row, Row, Row Your Boat” twice.
5. Rinse hands under warm running water.
6. Dry hands with hand-drying blower or single use disposable hand-drying material/paper towels.
7. Turn the faucet off with the paper towel.
8. Discard paper towel in a hands-free, covered, plastic-lined trash can.



### When to do it

1. When you arrive.
2. Before and after you eat; before you prepare or serve food, or set the table.
3. Before you prepare or give medication.
4. After using the toilet; before and after diaper changes.
5. After you handle items or children soiled with body fluids or waste.
6. After you cough, sneeze, or blow your nose.
7. After playing with or caring for a pet.
8. After playing outside.
9. Before and after using water tables or using moist items such as clay.
10. Whenever hands look, feel, or smell unclean.



**Kentucky Public Health**  
Prevent. Promote. Protect.

