

## ***Appendix N***

### **HAND HYGIENE**

Hand washing is the most important way to reduce the spread of infection in childcare facilities. (Adapted from: (135))

#### **When should a childcare worker or child wash their hands?**

##### ***Before and after:***

- Eating, handling food, or feeding a child.
- Giving medication.
- Playing in water that is used by more than one person.

##### ***After:***

- Changing a child's nappy.
- Using the toilet or helping a child to use the toilet.
- Handling bodily fluids (mucus, blood, vomit) from sneezing, wiping and blowing noses, from mouths or from sores.
- Handling uncooked food, especially raw meat and poultry.
- Handling pets and other animals.
- Playing in sandboxes.
- Handling soiled laundry.
- Handling waste.
- Gloves are removed.

#### **Children and staff should wash their hands using the following method;**

- First check that there is a clean, disposable paper towel available.
- Turn on warm water.
- Moisten hands with water and apply liquid soap to hands.
- Rub hands vigorously together until you get a soapy lather; continue for at least 10 seconds. Rub areas between fingers, around nail beds, under fingernails, jewellery and back of hands.
- Rinse hands under running water until they are free of soap. Leave the water running while you dry your hands.
- Dry hands with a clean disposable paper towel.
- If taps do not shut off automatically, turn taps off with a disposable paper towel.
- Discard the disposable paper towel into a lined waste bin.