

HANDWASHING POLICY

The Children's Workshop understands that frequent and thorough handwashing is a primary means of infection control and has always enforced strong handwashing policies. This document provides a framework for these practices and includes best practice recommendations for the COVID-19 pandemic.

Handwashing Method for Children and Adults:

- Check to be sure a clean, disposable paper or single-use cloth towel is available¹
- Turn on clean, running water to a comfortable temperature.
- Moisten hands with water and apply liquid or powder soap to hands.
 - Antibacterial soap should not be used.
 - Bar soaps should not be used.
- Rub hands together vigorously until a soapy lather appears (hands are out of the water stream) and continue for at least 20 seconds (sing "Happy Birthday" twice). Rub areas between fingers, around nail beds, under fingernails and jewelry, and on the backs of hands. Nails should be kept short; acrylic nails should not be worn.
- Rinse hands under clean, running water that is at a comfortable temperature until they are free of soap and dirt. Leave the water running while drying hands.
- Dry hands with the clean, disposable paper or single-use cloth towel.
- If faucets do not shut off automatically, turn faucets off with a disposable paper or single-use cloth towel.
- Children and staff who need to open a door to leave a bathroom or diaper-changing areas will open the door with a disposable towel to avoid possible recontamination of clean hands. If a child cannot open the door or turn off the faucet, s/he should be assisted by an adult.
- Throw disposable paper towards into a lined trash container. Place single-use cloth towels in the laundry hamper. Use hand lotion to prevent chapping of hands, if desired.

¹ Single-use towels should be used unless an automatic hand dryer is available. The use of cloth roller towels is not recommended because children often use cloth roller towel dispensers improperly, resulting in more than one child using the same section of towel.

Handwashing Procedure for Children and Adults:

Situations or times when staff and children should perform hand hygiene will be posted in all food preparation, hand hygiene, diapering, and toileting areas. All staff and children will follow the procedure for handwashing:

- On arrival for the day, after breaks, or when moving from one childcare group to another.
- Before and after preparing food or beverages.
- Before and after eating, handling food, or feeding a child.
- Before and after giving medication or applying a medical ointment or cream in which a break in the skin (e.g. sores, cuts, scrapes) may be encountered.
- Before and after playing in water (including swimming) that is used by more than one person.
- Before and after performing a health screening and/or health check on a child.
- After diapering. Hand hygiene before changing diapers is required only if the staff member's hands have become contaminated since the last time the staff member practiced hand hygiene.
- After using the toilet or helping a child use the toilet.
- After handling bodily fluid (mucus, blood, vomit) from sneezing, wiping and blowing noses, mouths, or sores.
- After playing on playsets and after playing outdoors.
- After cleaning or handling the garbage.
- After applying sunscreen and/or insect repellent.
- Between toothbrushing, when children require assistance.
- If staff smoke off premises before starting work or during a break from work, they should wash their hands before caring for children to prevent thirdhand smoke exposure.

Use of Alcohol-based Hand Sanitizers:

If running water is unavailable or impractical, alcohol-based hand sanitizer will be available as an alternative when hands are not visibly dirty. Alcohol-based hand sanitizers should contain at least 60% alcohol and must be kept out of reach of children. Active supervision of children is required to monitor effective use and to avoid potential ingestion or inadvertent contact with eyes and mucous membranes. After applying hand sanitizer, rub hands together to distribute sanitizer to all hand and finger surfaces; allow sanitizer to air dry. Premoistened cleansing towelettes do not effectively clean hands and should not be used as a substitute for washing hands or using alcohol-based hand sanitizer.

