



Wash your hands properly and frequently.

- Upon arrival
- Before and after handling food
- After helping a child in the bathroom
- After wiping a nose
- If exposed to blood or body fluids
- After handling pets
- Before touching your face
- Before and after giving medication

Use soap and running water.

Rub your hands vigorously for 20 seconds.

Wash all surfaces, including:

- Backs of hands
- Wrists
- Between fingers
- Under fingernails

Rinse well.

Dry hands with a paper towel.

Turn off water using a paper towel, not your clean hands.

Help children learn the proper way to wash their hands, too. Please remind families to wash their children's hands upon arrival.