



**COUNTY OF SAN BERNARDINO
PRESCHOOL SERVICES DEPARTMENT
POLICY**

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Updated

SUBJECT: HAND WASHING

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PURPOSE

Hand washing is the single most effective way to prevent the spread of infection in childcare settings. All staff and volunteers should follow these guidelines when working in County Of San Bernardino Department of Preschool Services Head Start/Early Head Start centers.

REFERENCE

Head Start Performance Standard Subpart B: Early Childhood Development and Health Services Section 1304.22(e)(1)&(2)

PROCEDURE

Wash hands using the following method in the following order:

- Wet hands and apply soap.
- Rub hands together vigorously for at least 10 seconds.
- Wash all surfaces; i.e. wrists, back of hands, between fingers and under fingernails (nails should be kept short).
- Rinse hands well under the running water.
- Dry hands with a clean paper towel.
- Turn the water off using a paper towel, not bare hands.
- Discard paper towels in a garbage container with a lid and a plastic liner.

Staff or volunteers must wash their hands:

- Upon arrival at the center.
- After diapering or assisting with toileting of their own child.
- After using the restroom.
- Before preparing, serving, or eating food.
- After assisting a sick or injured child, volunteer, or staff.
- After assisting with/conducting health or dental screening.
- Before and after giving medications.
- Before handling clean food equipment or utensils.
- Before and after feeding an infant.
- After any contact with any body secretion.
- After removing disposable gloves.
- After handling animals or pets
- Before and after treating or bandaging a wound.

Children must wash their hands, or be helped to wash hands:

- Before eating or drinking.
- After their diaper is changed or after using the restroom.

Hands must NOT be washed in sinks used for food preparation, including bottle and formula preparation.