

OUR HYGIENE PRACTICES

WASHING HANDS

Wash your hands before giving out snack, before and after treating a cut, after assisting a child with toileting, and after wiping a child's nose or mouth (or your own).

Use soap and the warmest water possible. Rub the front and back of your hands vigorously for at least 20 seconds.

Dry your hands with paper towels. Dispose of the towel in the trash can. In addition, encourage and model covering a cough or sneeze by coughing in your elbow.

HELPING CHILDREN WASH HANDS

Guide children to wash their hands when they come into the classroom, before eating, after going to the restroom, after being outdoors, and after activities such as painting or using playdough. Also, ask them to wash their hands prior to leaving the class. When running water and soap aren't convenient, please use hand sanitizer.

When using soap and water, adjust the water temperature to warm and test to ensure that it is not too hot.

Encourage children to apply soap to their hands and rub them together vigorously for at least 20 seconds. (Teachers should model this action). Provide paper towels for drying hands. Ensure that children place the paper towels in the trash can.

CLEANING PRACTICES

Clean wounds carefully. Wash your hands and put on disposable gloves before cleaning all wounds. Keep open cuts or wounds covered. Wash and disinfect your hands after removing the gloves.

Frequently clean and disinfect tabletops, door handles, handrails, pens, pencils, and other items that are shared or touched. Ensure that this is completed before, during and after class.