

HAND WASHING

Always ensure the availability of products to allow hand hygiene to be performed. This includes access to liquid soap in pump dispensers, running water and paper towel to dry hands. Alcohol based waterless hand sanitizers can be used as an alternative as long as hands are not visibly soiled. Structure activities to include opportunities for hand hygiene to be practiced (before eating, after outdoor play and after using the washroom).

Follow these simple instructions when washing your hands with plain soap and water:

1. Wet with warm water.
2. Apply soap and scrub for 15 seconds – all surfaces including front and back of hands, between fingers, around nails (especially cuticles), thumbs and wrists.
3. Rinse well.
4. Dry with a paper towel.
5. Use towel to turn off taps.

Follow these simple instructions when using a waterless hand sanitizer:

1. Apply a measured pump (or nickel size) of the product to your open palm.
2. Rub into hands covering all surfaces including front and back of hands, between fingers, around nails (especially cuticles), thumbs and wrists.
3. Rub until dry (approximately 15 seconds).

For more information, visit www.dobugsneeddrugs.org