



Head Start

Guidelines for Hand Washing

Purpose

Hand washing is the single most effective means for preventing the spread of infection, and is a primary infection control procedure.

Equipment

- Water
- Liquid hand soap
- Paper towels
- Covered trash can (lined)

When

At least, but not limited to:

- After diapering or toilet use.
- Before food preparation, handling, consumption, or any other food-related activity (e.g., setting the table).
- Whenever hands are contaminated with blood or other bodily fluids.
- After handling pets or other animals.
- After returning from outdoors.

Protocol for Hand Washing

1. **Wet hands with warm/cool running water.**
2. **Apply liquid soap and lather well.**
3. **Wash hands, using a circular motion and friction, for at least 20 seconds. (Happy Birthday from beginning to end twice)**
4. **Scrub areas between the fingers, under nails, and under rings.**
5. **Rinse hands well under clean, running water.**
6. **Dry your hands well with a clean paper towel.**