

## **Hygiene and Health Practices**

### Resources and Supplies:

- Plan ahead to ensure that the program has adequate supplies to promote frequent and effective hygiene behaviors. Programs must have the following materials and supplies:

(1) Handwashing facilities with soap, water, and disposable paper towels must be readily accessible to all children and staff. Post handwashing instructions near every handwashing sink and where they can easily be seen by children and staff.

(2) Hand sanitizer with at least 60% alcohol may be utilized at times when handwashing is not available, as appropriate to the ages of children and only with written parent permission to use.

- Hand sanitizer must be stored securely and used only under supervision of staff.
- Staff must make sure children do not put hands wet with sanitizer in their mouth and must teach children proper use.
- While hand sanitizer may be used by children over 2 years of age with parental permission, handwashing is the preferred and safer method.

(3) Hand hygiene stations must be set up at the entrance of the premises, so that children can clean their hands before they enter. If a sink with soap and water is not available, provide hand sanitizer with at least 60% alcohol next to parent sign-in sheets and allow use in accordance with the guidelines above. If hand sanitizer use is not appropriate or not approved and there is no soap and water at the entrance, children must be instructed to go to the nearest handwashing station upon entry. Keep hand sanitizer out of children's reach and supervise use.

(4) If possible, place sign-in stations outside the program space and have contactless sign in, such as application

or web based. If pens are required, they must be disinfected between uses or must be provided for individual only use.

#### When to Wash Hands:

- Children and staff must wash their hands or use hand sanitizer often, making sure to wash all surfaces of their hands (e.g., front and back, wrists, between fingers). Reinforce to staff and children that they must be regularly washing their hands with soap and water for at least 20 seconds and should wash hands whenever the following criteria are met:

- (1) Upon entry into and exit from program space;
- (2) When coming into the program space from outside activities;
- (3) Before and after eating;
- (4) After sneezing, coughing or nose blowing;
- (5) After toileting and diapering;
- (6) Before handling food;
- (7) After touching or cleaning surfaces that may be contaminated;
- (8) After using any shared equipment like toys, computer keyboards, mouse, climbing walls;
- (9) After assisting children with handwashing;
- (10) Before and after administration of medication;
- (11) Before entering vehicles used for transportation of children;
- (12) After contact with facemask or cloth face covering;  
and
- (13) Before and after changes of gloves.

#### Cover Coughs or Sneezes:

- Children, families, and staff should avoid touching their eyes, nose, and mouth. Cover coughs or sneezes with a tissue, then throw the tissue in the trash and clean hands with soap and water or hand sanitizer (if soap and water are not readily

available and with parental permission and careful supervision as appropriate to the ages of the child).

Additional Healthy Habits: Programs are encouraged to teach, model, and reinforce the following healthy habits.

(1) Staff must know and follow the steps needed for effective handwashing (use soap and water to wash all surfaces of their hands for at least 20 seconds, wait for visible lather, rinse thoroughly and dry with individual disposable towel).

(2) Build in monitored handwashing for children at all necessary times throughout the day (e.g., upon arrival, before and after meals, after toileting and diapering, after coughing and sneezing, after contact with bodily fluids). Post visual steps of appropriate handwashing to assist children or cue them to sing the "Happy Birthday" song TWICE (approx. 20 seconds) as the length of time they need to wash their hands.

(3) Assist children with handwashing.

(4) Keep hand sanitizer out of the reach of children and monitor use closely. Due to its high alcohol content, ingesting hand sanitizer can be toxic for a child. Supervise children when they use hand sanitizer to make sure they rub their hands until completely dry, so they do not get sanitizer in their eyes or mouth.

(5) Explain to children why it is not healthy to share drinks or food, particularly when sick.

(6) Teach children to use tissue to wipe their nose and to cough inside their elbow. They must wash their hands with soap and water immediately afterwards.

(7) Ask parents and caregivers to wash their own hands and assist in washing the hands of their children before dropping off, prior to coming for pick up, and when they get home.