

## Hygiene – Hand Washing

### Policy/Approach:

SOHS provides opportunities for healthy growth and development including establishing daily routines for each child served. Children will have a daily health check, wash their hands at required times, and brush their teeth daily according to established procedures and with the guidance and support of trained staff. Staff will also follow Health and Safety Institute training and diapering and toileting procedures as needed for each child.

#### Head Start Program Performance Standards:

1302.47(6)(i) – Hygiene practices

#### Oregon State Office of Child Care:

OAR 414-300-0180 (6) Sanitation-hand washing

Our procedures are subject to adjustment based on Public Health needs or advisory from either our local, state or federal governing bodies. Any temporary modifications to procedures in this event will be documented and shared with staff.

### Procedure:

Hand washing is required whenever hands are soiled and:

1. Immediately upon arrival at the center
2. Before any food related activity, including:
  - Entering the kitchen
  - Preparing food
  - Serving food
  - Setting the table
  - Before and after eating
3. After:
  - Using the bathroom
  - Wiping noses
  - Applying sunscreen, diaper cream, or lotion
4. Before tooth brushing, unless immediately after a meal when children are still seated at the meal table, and after tooth brushing.

5. Before and after putting on gloves for diapering. See [Diapering Procedure](#).
6. Whenever skin may come in contact with blood or body fluids: See *BBP Procedure*.
7. Before and after administering medications: See [Medication Administration Procedure](#).
8. After handling pets or other animals: See [Animals and Pets Procedure](#).

#### **How to Wash Hands:**

1. Turn on water to a warm temperature
2. Wet hands thoroughly
3. Using soap from a dispenser, rub hands together vigorously for 20 - 40 seconds
4. Wash ALL hand surfaces – back of hands, wrists, between fingers, under fingernails
5. Rinse hands thoroughly under warm running water
6. Dry hands with single use paper towel
7. Use the paper towel to turn water off
8. Discard paper towel into waste basket

#### **Other:**

**When running water and soap are not available, cleaning hands with wipes / moist towelettes will be necessary.**

Early Head Start may use hand cleaning wipes / moist towelettes to clean a child's hands prior to toothbrushing if it is not in the best interest of children and toddlers to leave the table to clean their hands with soap and running water.

**The use of hand sanitizers may be used on children over 2 years old at the center, as guided by the health and safety teams, when needed during public health crisis, or when directed by a medical provider.**