



HANDWASHING TIPS

What are the correct steps?

1. Wet hands with water, turn off the faucet and apply liquid soap. If programs choose to, the water can be left running. When water supply is a concern, turn off the water before applying soap.

2. Rub hands together vigorously covering all surfaces (away from the flow of water, if left on) for 20 seconds.

3. Turn on the water (if it was turned off for soaping), and rinse hands free of soap under running water.

4. Turn off the faucet and dry hands with a clean disposable paper towel or a one-time use cloth towel, or dry thoroughly with an air dryer. Programs may use a paper towel or single-use cloth towel to turn off the faucet, but it is not required.

Put These Tips to the Test

1. Divide into Small Groups

Break the class into smaller groups to ensure each child receives guidance and practices handwashing correctly. This allows for better supervision and engagement.

2. Make Up a Fun Song

Create a catchy song to help children wash for 20 seconds. Use a familiar tune (like “Twinkle, Twinkle”) with handwashing lyrics to keep them engaged and ensure they scrub long enough.

3. Post the Handwashing Steps

Display a clear, colorful poster with simple steps: wet, soap, scrub, rinse, dry. Walk children through the steps using the poster to reinforce the process.

4. Encourage Movement for Lathering

Have children wet hands, get soap, and move to the back of the line while they lather up. By the time they reach the front, they’ll have lathered for the right amount of time.

Let’s Wash...Wash Hands

- Upon arrival in class or reentry from outdoors.
- After sand or play with messy dry materials.
- Before/after water play or use of shared moist materials.
- After dealing with bodily fluids or skin contact with open sores.
 - After touching pets or contaminated objects.
- Before/after meals or snacks