

## Appendix Q

### Guidelines for When to Wash Your Hands\*

Children	Care Provider
<ul style="list-style-type: none"> <li>● Upon arrival to Provider's home.</li> <li>● Before and after eating.</li> <li>● After using the toilet/diapering.</li> <li>● After coming in contact with body fluids (blood, urine, vomit, mucus, saliva).</li> <li>● After coughing or contact with runny nose.</li> <li>● Before and after playing in water that is used by more than one child.</li> <li>● After sand/messy play/water play.</li> <li>● After playing outdoors.</li> <li>● After playing with pets.</li> </ul>	<ul style="list-style-type: none"> <li>● At the start of the family child care program day.</li> <li>● After a break when you return to the child care environment.</li> <li>● Before and after preparing food or bottles.</li> <li>● Before and after eating, handling food, or feeding children, including bottle feedings.</li> <li>● After using toilet.</li> <li>● After helping children toilet.</li> <li>● Before and after diapering.</li> <li>● After helping a child wash his/her hands.</li> <li>● Before and after contact with your own or a child's sores, cuts, or scrapes.</li> <li>● Before and after helping a child or another staff member who has been injured.</li> <li>● After coming in contact with body fluids (blood, urine, vomit, mucus).</li> <li>● After coughing or sneezing or attending to your runny nose.</li> <li>● After helping a child who has coughed or sneezed or has a runny nose.</li> <li>● Before and after giving or applying medication.</li> <li>● After cleaning or handling garbage.</li> <li>● After interacting with children during sand/messy/water play.</li> <li>● After interacting with children during outdoor play.</li> <li>● After handling pets or animal waste.</li> <li>● After handling uncooked food.</li> <li>● After removing gloves for any reason.</li> </ul>

\*Adapted from Virtual Lab School, Ohio State University (<https://www.virtuallabschool.org/fcc/healthy-environments/lesson-2>).