



# Fact Sheet

## Handwashing for Children and Staff

### When to Wash Hands

- Before beginning to work, either at the beginning of a shift or after breaks
- Immediately before and after eating
- During food preparation, when changing tasks
- After using the restroom
- After playing on the playground
- After handling pets, pet cages, or other pet objects
- After blowing nose, sneezing, coughing, or using a handkerchief or tissue
- Whenever hands are visibly dirty
- After a clean-up activity such as sweeping, mopping, or wiping tables
- After handling trash
- After smoking, drinking, or chewing gum or tobacco
- After touching dirty dishes, equipment, or utensils
- Before and after changing diapers –wash the diaper wearer’s hands, too
- Before going home
- Before and after treating a wound or cut



## How to Wash Hands

- Wash hands with liquid soap under warm running water for at least 20 seconds.
- Wash hands thoroughly, paying special attention to germs that may be trapped under fingernails and in crevices.
- Rinse well to remove all traces of soap.
- Dry hands and forearms thoroughly with single-use paper towels.
- Dry hands for at least 30 seconds if using a warm air hand dryer.
- Turn off water using paper towels.
- Use a paper towel to open door when exiting the restroom.



## References

National Food Service Management Institute. (2007). *Food safety fact sheet: Handwashing*.

Retrieved October 3, 2008, from [www.nfsmi.org](http://www.nfsmi.org)

Mayo Clinic. (2007). *Hand washing: An easy way to prevent infection*. Retrieved October 3, 2008, from [www.mayoclinic.com](http://www.mayoclinic.com)

U.S. Department of Health and Human Services, Centers for Disease Control and Prevention.

(2008). *Clean hands save lives!* Retrieved October 3, 2008, from [www.cdc.gov](http://www.cdc.gov)

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through a grant agreement with The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

For more information, contact NFSMI at 800-321-3054 or [www.nfsmi.org](http://www.nfsmi.org).