

For Child Care Providers: Hand Washing

Hand washing is one of the best ways to stop the spread of germs that cause illness. Make sure to wash your hands thoroughly by following these steps:



Child care provider washing her hands.



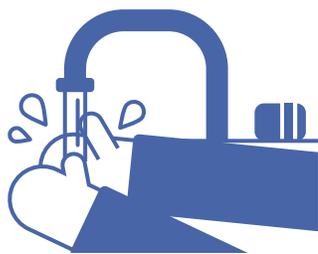
Wet your hands with running water. Add soap.



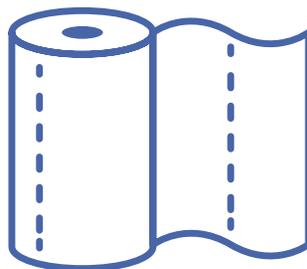
Wash all surfaces on hands. Wash carefully between your fingers, around the tops and palms, over wrists, and under fingernails.



Rub your hands together for at least 20 seconds.



Rinse your hands well under running water.



Dry your hands with a clean, disposable paper towel.



Turn off the faucet using the disposable paper towel instead of your clean, bare hands.

A handout from *Feeding Infants in the Child and Adult Care Food Program*
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