



Washing Your Hands

Revised August 2018



Teach children to wash their hands:



1. Turn on warm water.

Be sure clean, disposable paper towels are available.

Water should be 80-110° F in NC.



2. Wet hands with water.



3. Apply liquid soap.



4. Wash for at least 20 seconds.

Rub top and inside of hands, under nails and between fingers.



5. Rinse hands.

Rinse hands under running water for at least 10 seconds.



6. Dry hands.

Dry hands with clean, disposable paper towel.



7. Turn water off with paper towel.

Without re-contaminating hands.




8. Throw paper towel away.

Dispose in a plastic-lined trash container.

• Upon arrival 

• Before and after eating 

• Before and after water play


• After using the toilet/diapering 

• After coughing or contact with body fluids

• After messy play

• After outside play

• After handling animals 

• After touching contaminated surfaces 

• Whenever hands are visibly dirty

• Before going home