Staff, volunteers, and children must wash their hands with soap and running water at least at the following times:

- Upon arrival.
- After diapering, toilet use, and after assisting child with toilet use.
- Before food preparation, handling, eating, bottle or feeding children, setting the table for meals or snacks or any other food-related activity.
- Whenever hands are contaminated with blood or other bodily fluids, and including wiping nose.
- After handling pets or other animals.
- Hands are visibly dirty.
- After playing outside.
- Before and after sensory play (water tables, after sand play, play dough).
- After eating, feeding children.

Staff and volunteers must also wash their hands with soap and running water:

- Before and after giving medications;
- Before and after treating or bandaging a wound (nonporous gloves should be worn if there is contact with blood or blood-containing bodily fluids); and after removing gloves for any purpose.
- After handling mouthed toys.
- After breaks, or when moving from one child care group to another.
- Before going home.

- Use soap and warm running water.
- Wet your hands and add soap.
- Rub your hands, making bubbles vigorously for 20 seconds out of the water stream.
- Wash all surfaces, including the backs of hands and between fingers.
- Rinse your hands well under running water to remove all soap.
- Dry your hands well with a disposable towel. Turn off taps with a single-use towel.
- Dispose of the paper towel.

Washing your hands is the single most effective way of reducing the spread of infection.