

HEALTH REMINDERS FOR THE SACERS!

PROPER HANDWASHING

Ensures that hands are effectively rid of germs by washing with running water and soap.

✎ An exception to handwashing requirements occurs when children with special needs have limited head/neck control or weigh too much for caregivers to lift them to the sink. They can have hands wiped.



WHEN IS HANDWASHING REQUIRED?

- ✎ After children toilet or after assisting individual children with toileting routines
- ✎ Immediately before meal or snack preparation and eating (remember to avoid recontamination of hands that can occur when unclean surfaces such as floors or toys are touched before eating)
- ✎ After messy activities (e.g. wiping noses, applying bandages, sand, art, play dough)
- ✎ After outdoor play
- ✎ Even when gloves are used, hands must still be washed

CLEANING VS. SANITIZING

A cleaning solution such as soapy water is used to clean a surface by removing visible residue or debris. A sanitizing solution such as bleach water actually kills germs and disease-causing organisms. For sanitizers to be effective the solution should be used on a visibly clean surface and must be allowed to air dry before being wiped away – two minutes is the recommended amount of time.

When is sanitizer needed?

- ✓ As the final step after cleaning a messy surface (e.g., after wiping away crumbs or art residue with a soapy solution)
- ✓ On tables before meals or snacks

PERSONAL HYGIENE

Children need well-stocked, clean bathrooms. Staff may need to check this throughout the time children are in care. This includes having access to toilet paper, paper towels, soap, and running water. Facial tissues should be accessible when children need them such as in the classroom or any other locations used for care.