

# **HYGIENE PRACTICES**

## **ALL TEACHERS**

### **Hand Washing – How?**

- Wet your hands with clean running water and apply soap. Use warm water, if available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. (Imagine singing “Happy Birthday” twice.)
- Rinse hands well under running water.
- Dry your hands using paper towel. Turn off the faucet with your paper towel after use.

### **Hand Washing – When?**

#### *Teachers*

- After assisting a child with toileting or wiping a child’s nose or mouth
- Before and after tending to a cut or other injury
- Before serving food
- After handling animals or plants
- After tending to your own personal hygiene needs

#### *Children*

- After toileting or wiping his nose or mouth
- Before and after eating
- After handling animals or plants
- After using clay, play dough, glue, paint, or other messy items

### **Cleaning Furniture and Teaching Resources**

- Clean restrooms after every session.
- Wash nondisposable cups, plates, and utensils after use.
- Clean floors and walls as needed.
- Clean tables before cooking or tasting food. (Wash and wipe with a bleach solution of 1 tablespoon bleach to 1 quart cool water.) Wash again after the activity.
- Clean all tables regularly; frequency will depend on how often the room is used.
- Wash toys and other items when they are visibly soiled and clean them regularly (according to frequency of use).
- Launder dress-up clothes, small rugs, and other cloth items at least quarterly.

## **TEACHERS OF YOUNGER PRESCHOOLERS**

### **Preparing Bleach Solution**

- Prepare liquid bleach solution by mixing  $\frac{1}{4}$  cup of bleach to one gallon of water.
- Liquid bleach solution needs to be prepared fresh daily. If there is no chlorine smell, a new solution needs to be made even if the solution was prepared fresh.

### **Diapering**

- Diaper infants in their designated cribs and older babies and 1s on a designated non-porous surface.
- Wear disposable gloves while diapering.
- Place waxed paper on top of clean diaper and slide both under the child.
- Take off diaper and clean child with moist towelettes (as approved by parent).
- Roll soiled/wet diaper and used moist towelettes into the waxed paper. Fasten clean diaper.
- Hold waxed paper with diaper in one gloved hand. With other hand, pull glove over the diaper. Place gloved diaper in other gloved hand and repeat to seal the diaper inside.
- Wipe the vinyl mat with bleach solution. (Or if crib sheet is soiled, change it.)
- Wash your hands.

### **Cleaning Toys and Teaching Items**

- Clean and disinfect mouthed toys and materials after each child's use. Wash in soapy water, rinse in clear water, and dip in bleach solution. Leave to air dry.
- After each session, clean remaining toys and teaching items. Scrub materials in soapy water, rinse in clear water, dip in bleach solution, and leave to air-dry.

### **Cleaning Cribs**

- Remove any teaching materials and the crib sheet.
- Use warm soapy water, clear rinse water, and bleach solution to clean crib rails and all sides of the mattress.
- Wipe chrome crib rails dry with disposable towels to prevent rails from rusting.
- Stand up mattress and allow it to air dry.