We Are Germ Smart

A Handwashing Quick Guide

With **BACTERIA**

And **viRUS**

For **CHILDCARE FACILITIES**

Saskatchewan Health Authority

Did you know?

- Even if your hands look clean, they can still carry germs. Germs can be transferred onto hands through coughing, sneezing, shaking hands or touching common surfaces.

Remember!

Washing or sanitizing your hands correctly is the most effective thing you can do to protect yourself from many infectious diseases.

- Handwashing helps to keep you health and helps to prevent the spread of infectious diseases to others.[1]

Children who wash their hands more, get sick less!

Outsmart Germs...Wash Your Hands!

It's Easy to Become a Germ Smart Childcare Facility!

Create an environment that encourages clean hands for children, staff and parents.

Provide:

- ✔ plain liquid soap, paper towel and warm water in all washrooms.
- ✔ easy access to hand sanitizer with a minimum of 60% alcohol.[2]
- ✔ tissues to catch sneezes and coughs.
- ✔ regular cleaning of commonly touched surfaces such as lunch tables, door handles, toys and telephones.
- ✔ handwashing reminders such as posters, bulletin boards, newsletters and more!

Teach children about proper handwashing and hand sanitizer use.

Encourage:

- ✔ handwashing with soap and water after using the washroom.
- ✔ handwashing or sanitizing frequently throughout the day, especially before eating and after coming in from outside.

© 2020

Washing hands with soap and water

Using soap, scrubbing, rinsing and drying all work together to remove germs.

1 Wet hands	**2 Soap**	**3 Scrub palm to palm**	**4 Palm to back**	**5 Thumbs**
6 Between fingers	**7 Knuckles to palm**	**8 Fingertips**	**9 Wrists**	**10 Rinse**	**11 Dry**

12 Use towel to turn off tap and open door

Your hands are clean!

Clean Hands Stop Germs...
Scrub for at least 15 seconds, then rinse.

Visit> **www.germsmart.ca**

to view videos demonstrating proper technique for handwashing with soap and water.

Be sure that young children and able to reach sinks and soap. Provide a stool if necessary.

Outsmart Germs...Wash Your Hands!

Use plain liquid soap

- Choose plain soap that does not contain antibacterial products. Plain soap is just as effective in preventing illness.
- Avoid "topping up" dispensers when they are running low. Over time, germs can grow in the dispenser. Wash and dry the dispenser before refilling.
- Avoid using bar soap in public places. Germs can be spread when many people handle the same bar of soap.

Use paper towel

- Single use paper towels are recommended in public places. Shared towels spread germs from person to person.
- Paper towel should be used to turn taps off and to open the bathroom door. This avoids getting germs on hands after washing them.
- The rubbing action used during drying removes more germs.
- Moist hands promote germ growth, so dry hands well.
- Air dryers have been shown to blow germs around the room, and increase germs on hands.

© 2020

Using Hand Sanitizer

Hand sanitizer is an effective way to kill germs when hands are not visibly dirty.

1. **Apply hand sanitizer**
2. **Scrub palm to palm**
3. **Palm to back**
4. **Thumbs**
5. **Between fingers**
6. **Knuckles to palm**
7. **Fingertips**
8. **Wrists**

Your hands are clean!

Clean Hands Stop Germs...
Scrub for at least 15 seconds.

Visit> **www.germsmart.ca**

to view videos demonstrating proper technique using hand sanitizer.

Outsmart Germs...Wash Your Hands!

Hand Sanitizers:

- can be used when washing with soap and water isn't possible.
- work by killing germs but do not remove them.
- should contain at least 60% alcohol as the active ingredient.[2]
- are not recommended after using the washroom and when doing food preparation. For this, handwashing with soap and water is required.
- do not work if your hands are dirty or greasy since germs hide underneath.
- should remain wet on your hands for at least 15 seconds to be effective.
- should be discarded when the bottle is empty or has passed the expiry date.
- are safe for children. Children should not put hands in their mouth until hands are dry (about 15 seconds) as it contains alcohol.
- should not be accessible to preschool children if unsupervised.
- are flammable, so should not be stored near a heat or electrical source.

Wash hands several times per day, especially:

✔ After using the washroom

✔ After contact with body fluids such as blood, sputum, vomit, urine or feces. This includes after changing diapers and helping young children in the washroom

✔ After blowing your nose, coughing or sneezing into your hands

✔ After using shared objects such as keyboards and telephones

✔ After handling garbage and other waste

✔ After handling animals or their waste

✔ Before and after eating or preparing food

✔ Before and after helping people who are sick

✔ Before and after attending to cuts, scrapes, burns or other breaks in skin

✔ When hands are visibly dirty

These are common times when hands can spread germs that cause illness.

Remember!

It is really important to wash hands properly after changing diapers and helping young children in the washroom.

Outsmart Germs…Wash Your Hands!

Other Germ Smart strategies that prevent illness in your childcare facility

Keep your hands clean and away from your face

- Hands can pick up germs from common surfaces and from items you share with others.
- Germs can be spread when you touch your eyes, nose and mouth.

Practice respiratory etiquette

- Cover your nose and mouth with a tissue or your sleeve when you sneeze or cough. This avoids spreading germs into the air or onto your hands and surfaces.
- Throw away tissues promptly and do not re-use them.
- Wash your hands after blowing your nose, coughing or sneezing into your hands.

© 2020

Stay home when you're sick

To prevent the spread of germs, children and staff should stay home when they are sick.

Keep your facility clean

• Choose appropriate products and use as directed on the label. The label will indicate if the product is a "cleaner" or a "disinfectant" or both. It will provide instructions to effectively clean, disinfect or sanitize.

• Use cleaners to lift dirt, grease and germs, allowing them to be rinsed away. Use disinfectants to kill 99.99% of common germs. Use sanitizers to reduce the germ count to a safe level.

• Clean all commonly touched surfaces daily if possible.

• Clean and disinfect surfaces daily that may have blood, sputum, vomit, urine, or feces on them, such as toilets, flush handles, stall door handles, taps and sinks.

• Follow public health guidelines to clean and sanitize areas where food is prepared and served. These can be found at: www.saskhealthauthority.ca

Outsmart Germs...Wash Your Hands!

Is your Childcare Facility Germ Smart?

Visit:
www.germsmart.ca
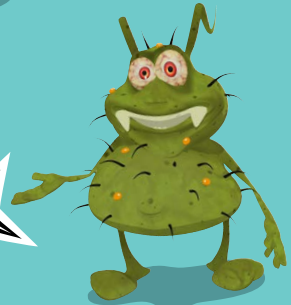to access videos, activities and other resources to support handwashing or to **contact us!**

1 Government of Canada & Public Health Agency of Canada. (2009). The Benefits of Hand Washing.
   Available at: www.canada.ca

2 Centre for Disease Control. (2020). When and How to Use Hand Sanitizer.
   Available at www.cdc.gov

BE GERM SMART

Outsmart Germs...

Wash Your Hands!

BE GERM SMART

© 2020

For more information visit **www.germsmart.ca**