

Guidelines for Student Hand Washing

Frequency:

- When first arriving at school.
- Before eating snacks.
- Before eating lunch.
- After using the bathroom.
- Before and after play.
- After blowing nose, coughing or sneezing.

How to wash hands:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Hum the “COS Handwashing” song from beginning to end twice.
- **Rinse** your hands well under clean, running water with your fingers pointing downward.
- **Dry** your hands using a clean towel or air dry them. If using a towel, turn off water using the towel used to dry your hands.

If unable to wash hands, use hand sanitizer:

- Apply the gel to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all surfaces of your hands and fingers until your hands are dry.