



COMMUNITIES TOGETHER FOR CHILDREN

Hand Hygiene

9. COVID-19 Hand Hygiene

Date: October 5, 2020

CATEGORY: Health and Safety

REVISED: September 15, 2021

Purpose

The purpose of this policy is to ensure that all EarlyON program staff are aware of, and adhere to hand hygiene best practices. This policy is designed to help reduce risk of the spread of illness, including COVID-19.

Policy

Appropriate hand hygiene and respiratory etiquette are among the most important protective strategies. EarlyON staff, visitors, and students on educational placement should be trained and able to assist children on appropriate hand hygiene and respiratory etiquette, including the use of alcohol-based hand rub (ABHR), and reinforcing its use. Hand hygiene should be practiced by anyone entering the EarlyON setting and incorporated into the daily schedule at regular intervals during the day, above and beyond what is usually recommended (for example, before eating food, after using the washroom).

The supervisor shall routinely monitor staff and provide feedback as needed in order to ensure that the hand hygiene practices described within this policy are strictly adhered to.

All staff must be aware of, understand, and adhere to hand hygiene best practices. This is of extreme importance as proper hand hygiene is crucial in reducing the spread of illness, including the COVID-19.

Procedure

Hand Hygiene is a general term referring to any action of hand cleaning. Hand hygiene relates to the removal of visible soil and removal or killing of transient micro-organisms from the hands. Hand hygiene can be accomplished using an alcohol-based hand rub with a minimum of 60% alcohol or soap and running water.

Hand hygiene, when done correctly, is the single most effective way to prevent the spread of infectious diseases. Use a hand washing sink with hot and cold running water, paper towels, and liquid soap in a dispenser. Hot water temperature should not exceed 43 degrees Celsius (110°F) to prevent scalding.

1. Use soap and warm running water.
2. Rub your hands vigorously as you wash.
3. Wash all surfaces, including backs of hands, wrists, between fingers, under fingernails.
4. Rinse hands well. Leave water running.
5. Dry hands with single use paper towel.
6. Turn off hand controls with a dry paper towel. *Do not use your bare hands to turn off and water controls.*

When to Wash Your Hands:

- Hand hygiene should be practiced by anyone entering the EarlyON setting and incorporated into the daily schedule at regular intervals during the day, above and beyond what is usually recommended (for example, before eating food, after using the washroom).
- Before and After entering in sensory explorations
- When moving from spaces or materials
- Before preparing or serving food.
- After cleaning up messes or wiping a nose.
- After you have been to bathroom.
- After touching your face, sneezing or coughing.

Keep Children's Hands Clean:

1. If children are too young to do it themselves, parents/caregivers can do it for them.
2. For older children:
 - ✓ **Tell** the child to wash their hands
 - ✓ **Show** the child how to wash their hands if they don't know or have forgotten
 - ✓ **Remind** the child that hand washing will help to keep them from getting sick

Children should wash their hands or have them washed:

- ✓ When they arrive at the EarlyON centre
- ✓ In-between activities
- ✓ Before they eat or drink
- ✓ After they use the toilet or have their diapers changed
- ✓ After wiping their nose or coughing /sneezing into their hands

Some common mistakes that are to be avoided in EarlyON settings:

- ✓ DON'T use a **single damp cloth** to wash a group of children's hands.
- ✓ DON'T use a **standing basin of water to wash or rinse** hands.
- ✓ DON'T use a **common hand towel**. Always use disposable towels in day care or food preparation settings

Policy and Procedure Review

- Communities Together for Children's EarlyON will ensure that all staff have reviewed this policy and procedure prior to commencing work in an indoor EarlyON Program and maintain a record to this effect.
- Communities Together for Children EarlyON will review this policy monthly and recognize that this policy may be amended as needed in response to continually evolving circumstances during the COVID-19 pandemic.
- Communities Together for Children will confirm with the TBDSSAB that this policy/procedure is being followed by ensuring all staff have reviewed the policy and any amendments and signed an attestation.