



# COMMUNITIES TOGETHER FOR CHILDREN

## Hand Hygiene

9. COVID-19 Hand Hygiene

Date: October 5, 2020

CATEGORY: Health and Safety

REVISED:

### 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

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.

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.

Hand Hygiene is defined as hand washing, or hand sanitizing carried out as per the procedures described in this policy.

### 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:**

- 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 his/her hands
  - ✓ **Show** the child how to wash his/her hands if he/she doesn't know or has forgotten
  - ✓ **Remind** the child that hand washing will help to keep him/her 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 has reviewed the policy and any amendments and signed an attestation.