

What do you do when you go...

# AAAAACHOOOOO?



Cover your sneezes and coughs and help stop the spread of germs.



Use a tissue



Throw in the garbage



Wash your hands

Stop Germs. Stop Colds and the Flu.

# Wash Your Hands



Wet hands



Add soap, make bubbles  
sing the abc's or count to 10



Rinse well



Dry hands with paper towel



Throw into garbage



Use a new paper towel  
to turn off taps



Throw into garbage



Clean hands!

# Handwashing Procedure



1. Wet hands under warm running water.



2. Add soap, lather and scrub hands - scrub palms, in between fingers, backs of hands and under nails - for 10 to 15 seconds.



3. Rinse well under warm running water.



4. Dry hands using paper towel.



5. Throw into garbage.



6. Turn off taps with another paper towel and throw into garbage.

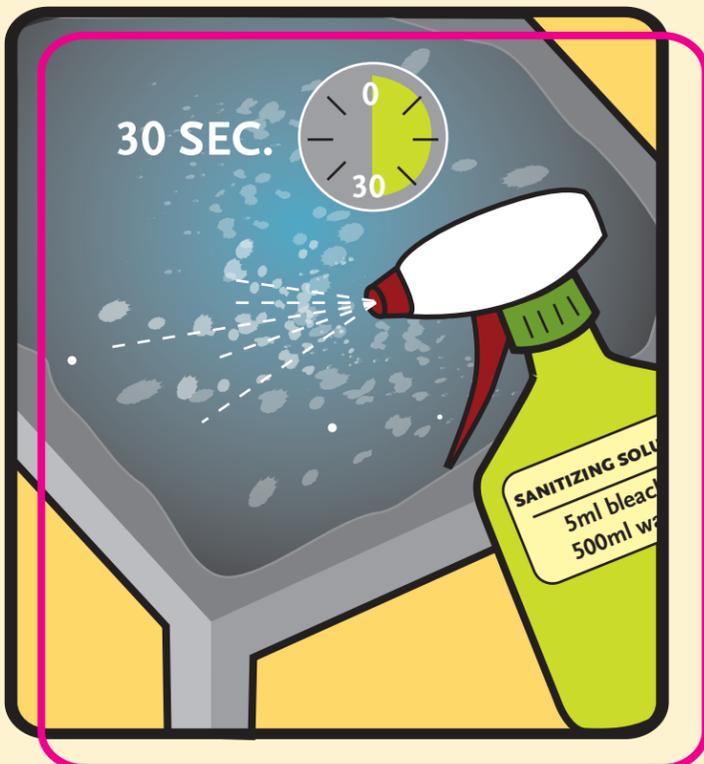
# Cleaning & Sanitizing Procedure



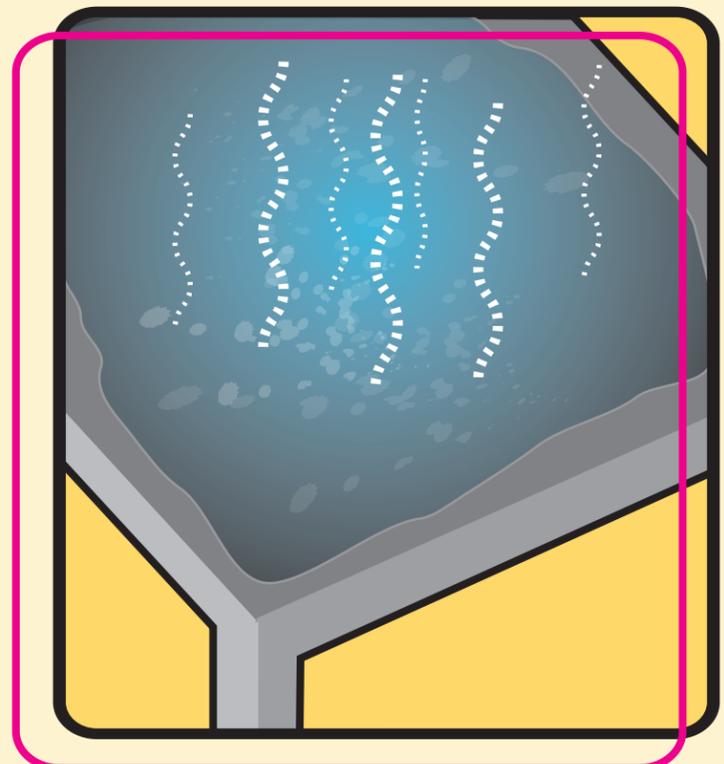
1. Mix sanitizing solution daily. Label spray bottle with name and contents of solution.



2. Clean surface with soap and water. Dry well using paper towel and throw into garbage.

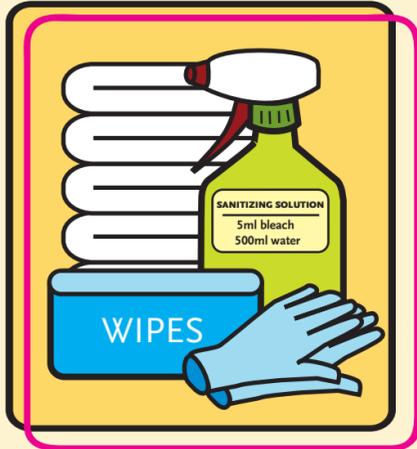


3. Spray sanitizing solution onto surface or object and let sit for AT LEAST 30 seconds.

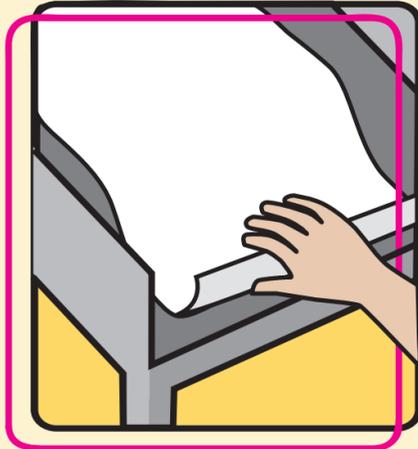


4. Wipe surface with paper towel or allow to air dry. Discard paper towel into garbage. Wash hands.

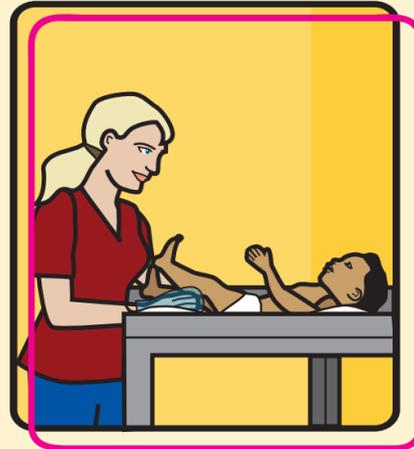
# Diapering Procedure



1. Wash hands and gather supplies following handwashing procedure.



2. Place disposable paper onto table.



3. Lay child onto table. NEVER leave child unattended. Put on gloves.



4. Unfasten diaper, wipe child front to back, using each wipe once.



5. Put soiled diaper and wipes in garbage. Remove gloves and discard.



6. Diaper and dress the child.



7. Wash child's and your hands. (Follow handwashing procedure.)



8. Return the child to a supervised care area.



9. If clothes are soiled place in plastic bag to send home with child.



10. Place disposable paper in garbage and sanitize table surface with bleach solution. (Follow sanitizing procedure.)



11. Wash your hands. (Follow handwashing procedure.)



12. "All done!"