**Section 407.320 Hand Washing**

a) Children's hands shall be washed routinely and frequently with soap and water. Hand sanitizers or diaper wipes are not acceptable substitutes for soap and running water. Hand washing shall occur at least at the following times:

1) Upon arrival at the center;

2) Before and after each meal or snack;

3) After using the toilet or having diapers changed;

4) After handling pets or animals;

5) After wiping or blowing his or her nose;

6) After touching items soiled with body fluids or wastes (e.g., blood, drool, urine, stool or vomit);

7) Before and after cooking or other food experience;

8) After outdoor play time; and

9) Before and after using the water table.

b) Staff hands shall be washed routinely and frequently with soap and water at least at the following times:

1) Upon arrival at the center;

2) After using the bathroom or helping a child use the bathroom;

3) After changing a diaper;

4) After wiping or blowing their nose, or helping a child to wipe or blow his or her nose;

5) After handling items soiled with body fluids or wastes (e.g., blood, drool, urine, stool or vomit);

6) After handling pets or other animals;

7) After handling or caring for a sick child;

8) Before and after eating or drinking;

9) Before preparing, handling or serving food;

10) Before dispensing any medication;

11) Before and after administering first aid; and

12) When changing rooms or caring for a different group of children.

c) The following technique for thorough hand-washing shall be used:

1) Wet hands under warm running water.

2) Lather both hands well and scrub vigorously for at least 15 seconds.

3) Rinse hands thoroughly under warm running water.

4) Dry both hands with a new single-use towel or automatic dryer.

5) For hand-held faucets, turn off the water using a disposable towel instead of bare hands to avoid recontamination of clean hands.

d) Automatic hand dryers shall be regularly inspected to insure that they are in proper working order so that children are not burned or receive electric shocks. Automatic dryers shall not be used for infants and toddlers. Other children under 6 years of age shall be closely supervised when using these dryers.

e) When children are too young to wash hands by themselves, staff shall wash their hands using the above technique. As children are developmentally ready, staff shall teach children the proper hand-washing technique and assist and supervise the procedure as needed.

(Source: Amended at 34 Ill. Reg. 4700, effective March 22, 2010)