Handwashing Guidelines

Excerpt from: Infectious Disease in School Settings

Colorado Department of Public Health and Environment

Handwashing is one of the best tools for controlling the spread of infections. All students and staff should perform effective handwashing, which will reduce the amount of illness in schools.

HANDWASHING TECHNIQUE

• Use SOAP and warm RUNNING WATER.
• Rub hands vigorously as you wash them.
• Wash ALL surfaces including the backs of hands, wrists, between fingers and under nails
• Rinse hands well.
• Dry hands with a paper towel or air dryer.
• If using paper towels, turn off the water using a paper towel instead of bare hands.

WHEN TO WASH YOUR HANDS

• After coughing, sneezing, wiping your nose, and cleaning up messes.
• After using the toilet.
• Before eating or drinking.
• After handling animals
• Whenever hands are dirty.
• Food handlers should wash hands before handling food and when hands are soiled