Handwashing: Just do it to stay healthy!

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Handwashing - Why?

- Handwashing is easy, inexpensive, & effective way to prevent spread of germs & keep people healthy.
- Reduces number of people who get sick with diarrhea by 31%.
- Reduces respiratory illnesses, like colds, in general population by 21%.
- Recent study showed that only 31% of men & 61% of women washed their hands after using public restroom.

www.cdc.gov/handwashing
Childcare providers & teachers:

- Infectious organisms can be spread
  - in human waste - urine, stool
  - in bodily fluids - saliva, nasal discharge, secretions from open injuries, eye discharge, blood, & vomit
  - through cuts or skin contact
  - by touching an object that is contaminated with infectious organism
  - In droplets of bodily fluids, such as those produced by sneezing, coughing, or vomiting, that travel through the air
Childcare providers & teachers:

- In many cases, there are enough harmful microorganisms in an infected child’s oral or nasal secretions, even before child has visible symptoms.
- Noroviruses and rotaviruses can be shed in feces of children for at least 25 days after symptoms have stopped.
- Nadel et al. conducted an observational study in 134 child-care centers in Pennsylvania.
  - Of 181 diapering or toileting observations, 78% of adults washed their hands.

Reference: Practicing Good Hand-Hygiene for Care Providers, FightBac.org
Child-care providers must wash their hands:

- When they arrive for the day
- After breaks
- When moving from one child-care group to another
- Before and after
  - Preparing food or beverages
  - Eating or handling food
  - Feeding a child
  - Giving medication
  - Applying medical ointment/cream to broken skin
  - Diapering
Child-care providers must wash their hands:

- After
  - Using the toilet or helping a child use a toilet
  - Handling bodily fluids - mucus, blood or vomit - from sneezing, wiping & blowing noses, mouths or sores
  - Handling animals or cleaning up animal waste
  - Cleaning or handling the garbage
  - Using chemicals

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Hand washing and children

- Research shows that children wash their hands, if an influential person in their lives, such as teacher or mother, encourages them.

- In some cultures, children are often messengers driving change in their communities by reporting on what they learned in school!

- **Younger children need assistance washing their hands.**
  - Some may not have motor skills to wash their hands
  - Others may not be able to reach sink in order to properly wash their hands - a stool can help them reach the sink.
  - Most children under 18 months of age are not coordinated enough to safely stand on stool w/o assistance - evaluate each child individually.
Best Practices:

- **Staff should set a good example & wash their hands thoroughly & at all the appropriate times!**
- **Conduct a needs assessment**
  - Determine how hand washing can be improved
  - Identify challenges that hinder good handwashing habits
- **Find out:**
  - Why children are not washing their hands
  - If handwashing sinks, soap & paper towels are available
  - If children can reach sinks, the soap, & paper towels
  - If there is adequate time available for children to wash their hands
  - If the reasons for proper handwashing have been communicated to all!

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Assess success of educational effort:

- Observe handwashing practices before, during & after the effort
- Determine if usage of soap & paper towels has changed
- Review changes in student absences
- Assist younger children:
  - Caregivers & teachers must provide assistance for children who can stand but not wash their hands by themselves
  - Who may not be able to stand on their own but can safely be supported at sink with one arm & w/o the child pressing against the sink
  - Use adaptive accessories - Aquaduck.
Assess success of educational effort:

- If child can’t stand or be safe at sink:
  - Wipe child’s hands with damp paper towel moistened with a drop of liquid soap & discard towel
  - Wipe child’s hands with clean, wet towel until free of soap; discard towel
  - Dry hands w/clean paper towel --- then wash your own hands!!!!

- Hand wipes and baby wipes are not permitted nor acceptable substitution for the above protocol
  - These products have ingredients (i.e. preservatives) that are not safe for children to ingest. - Think kids putting hands, fingers in mouths!
Communicate handwashing messages:

- Decide on your handwashing message
- Develop a handwashing promotional plan
- Get participation by involving others in activities:
  - Ask children to help hang handwashing posters
  - Help children develop handwashing collage/poster to display in key locations - restrooms, eating areas, etc.
  - Create a handwashing puppet show
  - Do hands-on demo to learn proper handwashing or brush up on skill forgotten!
  - Create handwashing cheers & spirited dance routines
  - Make & wear handwashing wrist/armbands

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Proper hand washing procedure for ALL:

- Remove any jewelry & roll up sleeves
- Turn on water to warm, comfortable temperature - 60F - 120 F with *ideal temp 100F* (CACFP requires 110F)
- Moisten hands with water and apply enough soap for good lather
- While hands are out of water stream, rub hands together vigorously until soapy lather appears - 10 to 15 seconds
  - Pay attention to removing soil from underneath fingernails
  - Create friction on surfaces of the hands, arms, fingertips and areas between fingers
Proper hand washing procedure for ALL:

- Rinse hands under running water (100F) until they are free of soap & dirt --- LEAVE water running
- Thoroughly dry hands with single-use paper towel.
- Turn off tap with single-use paper towel.
- Staff who need to open a door to leave a bathroom or diaper-changing area must open door with disposable towel to avoid possible recontamination of clean hands

- **Modeling - what to do and when to do it**
  - Small children are impressed by what we do!
  - So, to teach hand washing, wash your hands properly and consistently at all times!!
Hand Sanitizers

Studies have been conducted on effectiveness of alcohol based hand rubs (hand sanitizers) in place of handwashing:

- Concluded that washing with soap and water was more effective in removing bacterial (Clostridium Difficile) spores, protozoan oocysts, and certain non-enveloped viruses (norovirus).

- Hand sanitizers can be effective against a number of bacteria, fungi (yeast) and viruses BUT activity is affected by concentration and type of alcohol used, preservatives, and other ingredients.
Hand Sanitizers

Studies have been conducted on effectiveness of alcohol based hand rubs (hand sanitizers) in place of handwashing:

- Hand sanitizers are effective against enveloped viruses (Hep B, HIV) while non-enveloped viruses (norovirus, rhinovirus, adenovirus & rotavirus) not as effective

- **Sanitizers are not effective on DIRTY hands!**
  - Have limited use only when hand washing is not practical and ONLY in classroom setting and never in place of hand washing.
  - Not acceptable with CACFP.
  - Hand sanitizers contain alcohol and chemicals that young children can ingest when these products are used - and children then proceed to put their fingers in mouth.
    - Also, they smell good and young children apply and then lick them thinking it’s made to eat. Kids can get alcohol poisoning & can & have died from this!
Making it fun for kids!

- Have the hand washing area set up for “kid” comfort
- Create an appealing environment through kid-friendly décor like Sponge Bob or Little Mermaid
- Make it into a game:
  - Have children sing a fun song while washing to help mark the time - how long to wash hands - 20 seconds
  - Keep a hand washing chart & encourage children to see how many squares they can fill in per day. NO shaming.
  - Print posters or create homemade posters by the children that show proper steps for hand washing.
  - Make it a game out of each step - “What do we do first?”
Making it fun for kids!

- **Learning principles to remember:**
  - Children are visual and kinetic learners - they learn best by seeing and doing!
  - Have young children watch you or another child wash hands, while you talk about what to do
  - Have the child wash hands while you explain the basic steps again
  - Small children learn best through repetition and reinforcement.
- Follow up first lesson with:
  - Story books about germs and hand washing
  - Looking at pictures of germs and quizzing how to get rid of them from our hands
  - Making pictures or posters - coloring, collages, etc.
  - Creating little skits or puppet shows about getting germs on your hands, hand washing, getting sick, etc.
Making it fun for kids!

- Kids can’t always see you washing hands, but you can Talk about it!
- Tell a story about when you wash your hands - about something icky you touched and how you washed up afterwards!
- Or mention loudly that you have to go wash your hands before helping prepare snack
- Don’t forget to tattle on yourself - “Oops! I almost forgot to wash my hands...” and share why you need to and what would happen if you don’t!
Making it fun for kids!

- Talk about other role models who wash their hands - doctor, nurses, dentists, mom, dad, restaurant workers, etc.
- Wash hands together, if possible.
- Have a routine - hand washing should be part of toileting, meal time, etc. For example, when children arrive at school or get ready for lunch, have them wash their hands.
Resources

- Henry the Hand© and the T Zone

- The 4 Principles of Hand Awareness
  1. Wash your hands when they are dirty and BEFORE eating
  2. DO NOT cough into your hands
  3. DO NOT sneeze into your hands
  4. Above all, DO NOT put your fingers into your eyes, nose or mouth - the T Zone

- See more at: http://www.henrythehand.com/healthful-tips/t-zone/#sthash.VNp3XbvC.dpuf
Resources

- **Earths Kids:**
  - [http://www.earthskids.com/basic_handwashing_info.htm](http://www.earthskids.com/basic_handwashing_info.htm)
  - Henry the Hand - downloadable coloring book!
  - Henry the Hand Videos
  - Bubble Fun

- **Handwashing songs:**

  *Wash Wash Wash Your Hands* (*Tune of Row Row Row Your Boat*)
  Wash, wash, wash your hands.
  Wash them nice and clean.
  Wash them on top, wash them on bottom and fingers in between.
  *(Sing twice through while washing hands in bathroom)*
Resources

- Earths Kids:
  - [http://www.earthskids.com/basic_handwashing_info.htm](http://www.earthskids.com/basic_handwashing_info.htm)
  - Sink the germ bean bag game!
  - Recipe for Bubble Solution:
    - 1 cup Dawn dish soap - the original blue!
    - 10 cups distilled water
    - Mix ingredients together gently!!
Resources

- University of Nebraska Extension-Lincoln
  - [http://food.unl.edu/free-handwashing-posters-handouts-game-materials](http://food.unl.edu/free-handwashing-posters-handouts-game-materials)
  - Sink those germs! - Bean bag game
  - Sink those germs hand washing posters
  - Wash your hands after posters
Resources

University of Nebraska Extension-Lincoln

http://food.unl.edu/free-handwashing-posters-handouts-game-materials
Resources

- **Fight Bac!®**
- **http://www.fightbac.org/kidsfoodsafety/**
  - Childcare resources
  - Youth materials - games and activities
    - The Perfect Picnic
    - Fight Bac!® At Picnic Park
    - Smart Kids Fight Bac!®
    - The Story of Bac! ®
- **Videos**
Resources

- Nourish Interactive - English & Spanish
  - Steps to washing your hands poster No Bacteria On My Hands Guide for Kids
  - Washing your hands-Make your own jigsaw puzzle!
  - Washing your hands worksheet - What do you need?