

Handwashing Practices

Guidance and support for childcare programs in the midst of COVID-19

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May 7th, 2020

Please note: Today's huddle is for support strategies and is not an approved training.

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Healthy Child Care Colorado

Our mission is to build safe, supportive, and healthy early childhood settings and systems where children and professionals learn and grow.



OBESITY
PREVENTION



SOCIAL &
EMOTIONAL
WELL-BEING



ORAL
HEALTH



INJURY
PREVENTION

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Introduction

Healthy Child Care Colorado is hosting a series of huddles to elevate needs that arise and provide information that can support child care programs throughout the COVID-19 crisis.

What is a huddle?

A huddle is a short meeting that occurs frequently so teams are informed and aligned. Huddles also provide a venue for participants to share, celebrate, and motivate one another.

Huddle Etiquette



- Please keep yourself on mute
- Use the chat box to ask questions
- The huddle is being recorded and posted on our website

What Do You Know About Hand Washing?

What my hands look
like after washing and
sanitizing all day



Handwashing Definition:

Handwashing is the process of cleansing the hands with soap and water for the purpose of removing dirt and germs in order to prevent contamination and minimize infections / illnesses.

Fun Facts About Handwashing

On average, you come into contact with 300 surfaces every 30 minutes, exposing you to 840,000 germs.

Only about 5% of people wash their hands correctly.

Most people only wash their hands for 6 seconds.

Around 33% of people don't use soap when washing their hands.

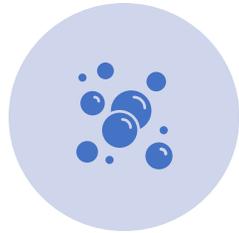
Approximately 39% of people don't wash their hands after sneezing, coughing or after blowing their nose.

In a study done by the CDC in 2009, only 31% of men and 65% of women washed their hands after using a public restroom.

Handwashing Procedure



WET HANDS UNDER WARM,
RUNNING WATER.



USING LIQUID OR FOAM SOAP,
LATHER YOUR HANDS
TOGETHER OUTSIDE OF THE
WATER STREAM FOR AT LEAST
20 SECONDS.



RINSE YOUR HANDS UNDER
WARM, RUNNING WATER.



DRY USING A SINGLE-SERVE
PAPER TOWEL OR WASH
CLOTH.

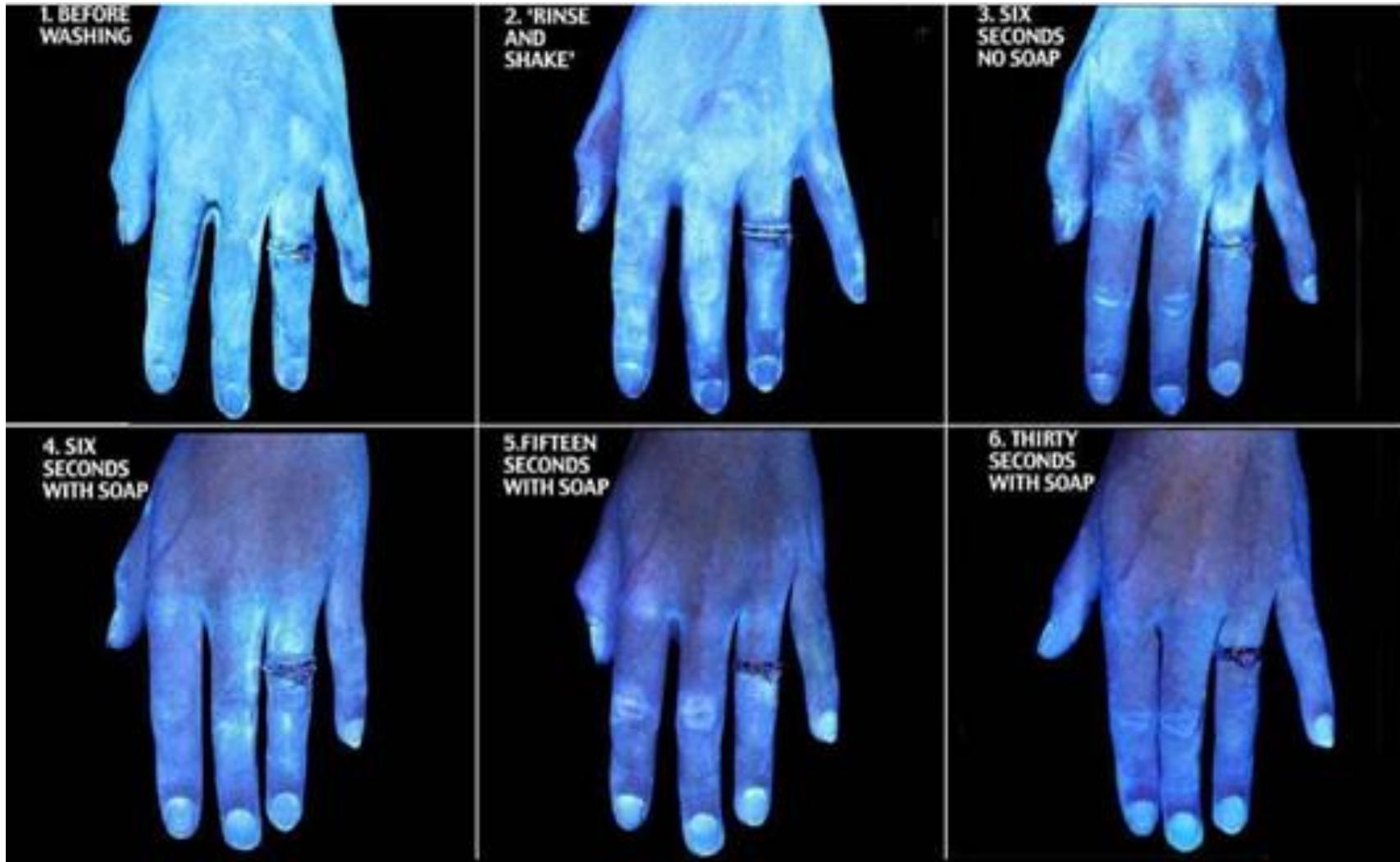


TURN OFF FAUCET WITH
PAPER TOWEL

Important reminders during Handwashing

- The water should be at least 60 degrees but no warmer than 120 degrees to fight germs and to prevent scalding.
- **DO NOT** use spray bottles to wet the hands of children before using soap and water. It is no longer an acceptable practice.
- Using gloves? You still need to wash hands after using gloves (at mealtimes, before feeding, after diapering/toileting).
- If a program is being observed for the Colorado Shines rating using the ERS tools (ITERS/ECERS/FCCERS)), please note that “Hand sanitizer is no longer considered an acceptable substitution for washing hands. **ALL handwashing needs to be with soap and water.**” (From Notes for Clarification, p. 18. ITERS-R by Harms, Cryer, and Clifford).

Hands before and after washing with soap and water



Soap vs. Hand Sanitizer

Handwashing using soap and water:

- The CDC recommends washing hands with soap and water whenever possible because handwashing reduces the amount of all types of germs and chemicals on hands.

Handwashing using hand sanitizer:

- If soap and water are not available, using a hand sanitizer with at least 60% alcohol can help you avoid getting sick and spreading germs to others. Alcohol-based hand sanitizers can quickly reduce the number of microbes on hands in some situations, but sanitizers do not eliminate all types of germs.
- PLEASE NOTE: Because of the population we serve, sanitizers are not recommended to be used on young children. Almost, if not all sanitizers, are marked “KEEP OUT OF REACH OF CHILDREN” and they can be poisonous if drank and can cause seizures in young children.

Tips for Hand Washing with Young Children



Infants with no neck control: acceptable to use a wipe.

Infants with neck control: can wash one hand at a time; however, ensure each hand is washed for at least 20 seconds.

Toddlers: Use visual aids, sing songs (ABCs, Tops and Bottoms twice, etc.). Teach/remind children to sneeze/cough into their elbows.

Preschoolers: Wet hands, have children walk in a circle, get soap, walk in a circle while lathering 20 seconds, then rinse with warm water. Teach/remind children to sneeze/cough into their elbows.

When Should We Wash Our Hands at School?

Adults: upon entering the classroom, even after re-entering from outside; before and after sand / water / sensory play; after touching contaminated objects; before eating / preparing food; after feeding infants; after toileting / diapering

Children: upon entering the classroom, even after re-entering from outside; before and after sand / water / sensory play; after touching contaminated objects; after touching bodily fluids; before / after eating; after toileting / diapering

When Should We Wash Our Hands at Home?

Adults: upon entering the home, even after re-entering from outside; before and after sand / water / sensory play; after touching contaminated objects; before eating / preparing food; after feeding infants; after toileting / diapering

Children: upon entering the home, even after re-entering from outside; before and after sand / water / sensory play; after touching contaminated objects; after touching bodily fluids; before / after eating; after toileting / diapering

Tips for Supporting Hand Washing at Home



Parents need to model adequate hand washing.



Sing songs that last at least 20 seconds- ABCs, Tops and Bottoms twice, Happy Birthday twice, etc.



When drying hands, best practice is to use single-use paper towels or single-use wash cloths.

Cleaning, Rinsing, and Disinfecting Sinks

1

Clean the sink area with soap and water and wipe with a single-use cloth or paper towel.

2

Rinse the sink area and wipe with a single-use cloth or paper towel.

3

Spray a **disinfectant**. The instructions for proper disinfecting contact time on the original container of the solution must be followed to ensure the surfaces are properly disinfected.

Test Your Knowledge

1. What is the primary purpose of hand washing / hand hygiene?

- a. To reduce bacteria and viruses on the hands
- b. To prevent the spread of infection/illnesses
- c. To prevent contamination
- d. All of the above

2. How long should we scrub / lather our hands with soap?

- a. 10 seconds
- b. 15 seconds
- c. less than 20 seconds
- d. 20 seconds or more

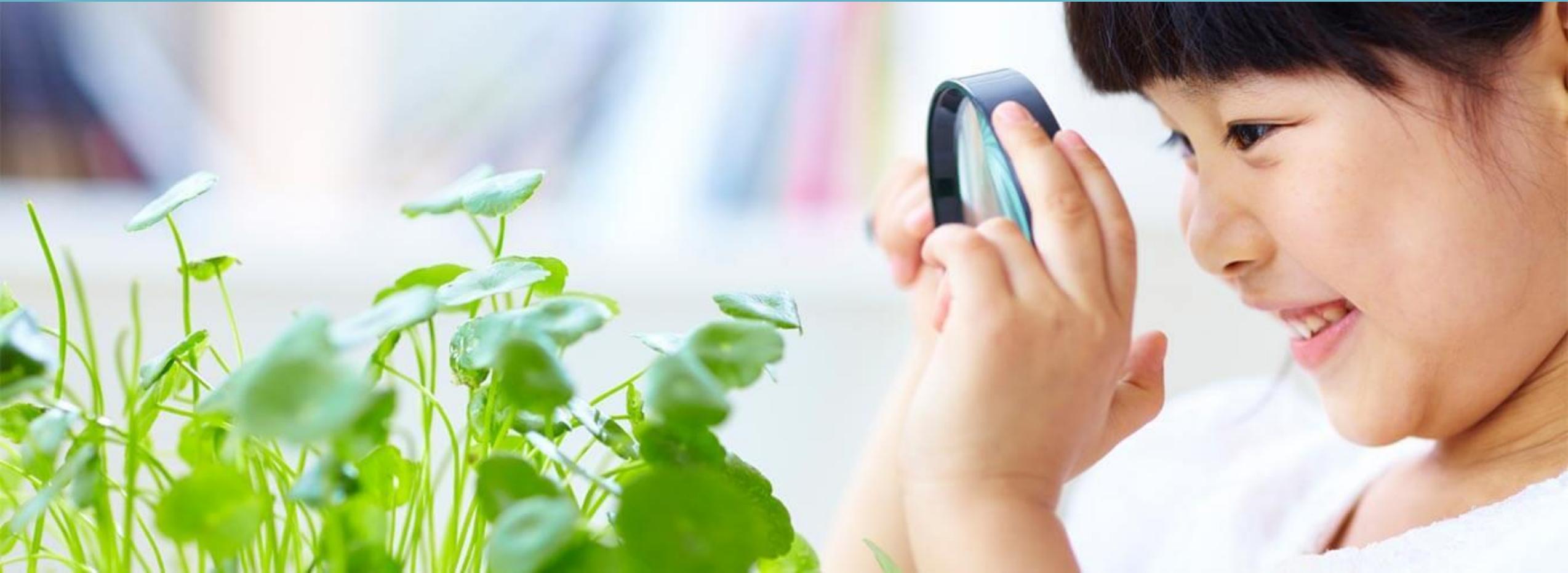
3. What is the single most important way to stop the spread of infection?

- a. Stay at home
- b. Proper hand washing with soap and water
- c. Rub a child's face with saliva
- d. Rub your skin with rubbing alcohol

4. True or false: The use of gloves is an effective substitute for hand washing.

5. True or false: In a 2009 study published by the CDC, men washed their hands more often than women.

Questions?



References

- Handwashing: Clean Hands Save Lives. <https://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html>
- Consumer reports: Handwashing vs. Sanitizers: <https://www.consumerreports.org/flu/hand-washing-vs-hand-sanitizer-better-for-flu-protection/>
- Handwashing: A corporate Activity <https://www.reuters.com/article/us-health-coronavirus-handwashing/hands-down-men-worse-at-bathroom-hygiene-that-prevents-coronavirus-idUSKBN20S2N>
- 17 Handwashing Facts and Statistics <https://allportablesinks.com/blogs/news/17-handwashing-facts-and-statistics>

Resources:

Hints from the ECERS-R Tool

Things you need to know to help prepare for your observation
Clayton Early Learning

Handwashing Signs in English and Spanish

www.colorado.gov/cdphe/child-care

Handwashing Guidance and Posters

<https://www.tchd.org/DocumentCenter/View/4060/Hand-Washing-S455?bidl=>

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COVID-19: Temporary Employment Opportunities for Early Childhood Professionals



COLORADO

Office of Early Childhood

Department of Human Services

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Healthy Child Care Colorado's job board is being used as a platform to connect licensed programs with temporarily available early childhood professionals.

- **Child care providers who need temporary staff to stay open during this crisis** may [create a free Healthy Child Care Colorado account and post their job listings on the job board](#), under the category “Temporary – COVID-19.” Once their posting is reviewed, the position will be listed on the job board within 24 hours.
- **Early childhood professionals who are temporarily available due to COVID-related closures and who wish to work at another licensed program** should complete the [Interested in Temporarily Working at a Child Care Program](#) form. The Office of Early Childhood (OEC) will then verify qualifications and send a letter of verification.

To learn more please visit the [Colorado Office of Early Childhood](#)

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Please Update your Status

CDHS Child Care - "Update your status"

The screenshot shows the Colorado Shines website interface. At the top, there is a search bar with the text "FIND A PROGRAM" and a magnifying glass icon. To the right of the search bar is the Colorado Shines logo, which includes the text "COLORADO SHINES" and "START EARLY START STRONG QUALITY EARLY LEARNING". Further right, there are language options "ENGLISH | SPANISH" and login links "LOGIN TO QRIS | LOGIN TO PDIS | LOGIN TO ATS".

The main navigation bar is dark blue and contains four items: "HOME" with a house icon, "FOR FAMILIES" with a family icon, "FOR PROGRAMS" with a location pin icon, and "FOR PROFESSIONALS" with a person icon.

The background of the page features a warm, golden-hour photograph of a young girl in a floral dress sitting on the grass.

In the center, there is a white box containing the following text:

The Department uses this information in times of emergency to address critical need and to determine the state of providers. All providers should register their status for these purposes. This survey will be used to inform the supply of emergency child care, but does not mean providers are required to participate in offering emergency child care.

REGISTER YOUR STATUS

License Number

Please enter your license number to get started. After you enter your license, the associated e-mail address will appear for you to validate. An email will then be generated with a confirmation number to allow you to complete the rest of the form. This is for security purposes.

If, after you enter your license number, there is no email in the drop down or if they are incorrect, please contact Licensing at cdhs_oeclchildcarelicensing@state.co.us. You may also contact your Licensing Specialist or call the main number, 303-866-5948, to have your email corrected in the system. Once the email has been corrected, you can complete the form. Thank you.

At the bottom of the page, there is a dark grey footer with the following information:

FIND A PROGRAM: 877-338-2273 -- COLORADO SHINES HELP DESK: 844-447-4441
1575 SHERMAN STREET, DENVER, CO 80203
COLORADO OFFICE OF EARLY CHILDHOOD

On the right side of the footer, there is a link "SIGN UP FOR OUR NEWSLETTER" with social media icons for Twitter and Facebook.

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Huddles

Our huddles are open to child care health consultants, early childhood programs, and other interested stakeholders

<https://healthychildcareco.org/policy-advocacy/ece-resources/>

May 12, 2020: Re-Opening Guidance for Programs

1:00 pm to 1:30 pm

May 14, 2020: Math Activities for Preschoolers & Toddlers/Infants

1:00 pm to 1:30 pm

May 18, 2020: Challenging Behaviors

1:00 pm to 1:30 pm

May 27, 2020: Partnering with Families

1:00 pm to 1:30 pm

Upcoming Webinar Trainings

5/13 Nurturing Social-Emotional Growth

6/3 Let's Get Healthy! Guiding Young Children to Eat Healthy and Play Hard

6/10 Caring Connections: Fostering Strong Relationships with Infants and Toddlers

<https://healthychildcareco.org/training/early-childhood-education-trainings/>

Trainings
\$10

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Program Support

Program Resources

- [Food Assistance](#) (CACFP)
- [Essential Baby Supplies](#) (CDHS)
- [Face Covering Guidance](#) (CDPHE)

Social-Emotional Resources

- Healthy Child Care Colorado [ECE Resource Roundup](#)

Thanks for joining us!

www.healthychildcareco.org

info@healthychildcareco.org

303-339-6800

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