



**Public Health**  
Prevent. Promote. Protect.

## POLICY AND PROCEDURE MANUAL CENTRAL VALLEY HEALTH DISTRICT

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### **SECTION: SCHOOL NURSING**

#### **POLICY # 604 HANDWASHING**

**Policy:** School Nurse (CVHD RN) will be available to provide instruction on the proper technique for hand washing. CVHD encourages all students and staff to wash their hands before eating, after playing outdoors or with pets, after using the bathroom or blowing their nose, or if they come into contact with a contaminated surface

**PURPOSE:** Proper hand washing is the single most effective way to prevent the spread of communicable diseases. Good hand washing is easy to learn and can significantly reduce the spread of infectious disease among both children and adults.

#### **PROCEDURE:**

1. Wet hands with warm running water.
2. Add soap, (liquid, bar or powder) then rub hands together, making a soapy lather. Continue this away from the water for at least 20 seconds, being careful not to wash the lather away. Wash the front and back of the hand as well as between the fingers and under the nails.
3. Rinse hands well under warm running water.
4. Dry hands thoroughly with a clean paper towel or under an air dryer. Turn off the water with a clean paper towel and dispose of it a proper receptacle.
5. Over-the-counter alcohol gels may be used as long as the hands are not visibly dirty.
6. Apply about 1 teaspoon (quarter size) of gel on the palm of one hand.
7. Rub gel all over both hands, covering the front, back, between the fingers, and fingernail areas of both hands. Let the alcohol dry, this should take about 30 seconds.