

GARDNER PUBLIC SCHOOL - HANDWASHING PROTOCOL

The Center for Disease Control and Prevention (CDC) and the Massachusetts Department of Public Health (DPH) recommend frequent handwashing to reduce and limit the spread of COVID -19. If Handwashing facilities are not readily available, alcohol-based hand sanitizer may be used with adult supervision.

WHEN SHOULD HANDS BE WASHED?

- *Entry and exit* from building
- *Entry and exit* from the classroom
- *Before and after* eating
- *After* sneezing, coughing or blowing nose
- *After* bathroom/toileting/diapering
- *Before* handling food
- *After* touching or cleaning contaminated surfaces
- *Before and After* using shared equipment (playground, toys, keyboards, phones)
- *After* contact with others
- *Before and after* medication administration
- *Before* entering vehicles
- *Before and after* contact with a facemask
- *Before and after* changes of gloves

HOW SHOULD HANDS BE WASHED?

- Wet your hands under water (warm or cold) and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean paper towel.
- Use your paper towel to turn off the water.

For a video example of this handwashing technique, visit the Gardner School Health Services, Gardner Ma Facebook page via this link: <https://www.facebook.com/1402627546673308/videos/1435836903289754/?t=0>

WHAT SHOULD YOU DO IF YOU DO NOT HAVE SOAP AND WATER?

If soap and water are not available, alcohol-based hand sanitizers (with at least 60% alcohol) are an effective alternative for cleaning hands and are recommended as an alternative to soap and water by the CDC and the Massachusetts DPH. Hand sanitizers that are not alcohol based are not recommended.

HOW DO YOU USE HAND SANITIZER?

- If hands are visibly soiled, wash hands with soap and water.
- If hands are not visibly soiled, apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together with sanitizer over all surfaces of your hands, in between fingers, around thumbs, and over lower wrists until dry. This should take approximately 20 seconds.

Gardner Public School will have standing orders regarding the use of hand sanitizer. Parents may opt out of the use of hand sanitizer by sending in a letter with their student’s name to the school nurse at their school. For more information regarding handwashing please visit the Centers for Disease Control (CDC) When and How to Wash Your Hands at

<https://www.cdc.gov/handwashing/when-how-handwashing.html#:~:text=Wet%20your%20hands%20with%20clean,for%20at%20least%2020%20seconds.>