

## When to perform hand hygiene

	<b>Before</b>	<b>After</b>
<b>Educators and other staff</b>	<ul style="list-style-type: none"> <li>* Starting work, so germs are not introduced into the service</li> <li>* Eating or handling food</li> <li>* Giving medication</li> <li>* Putting on gloves</li> <li>* Applying sunscreen or other lotions to one or more children</li> <li>* Going home, so germs are not taken home with you</li> </ul>	<ul style="list-style-type: none"> <li>* Taking off gloves</li> <li>* Changing a nappy</li> <li>* Cleaning the nappy change area</li> <li>* Using the toilet</li> <li>* Helping children use the toilet</li> <li>* Coming in from outside play</li> <li>* Wiping a child's nose or your own nose</li> <li>* Eating or handling food</li> <li>* Handling garbage</li> <li>* Cleaning up faeces, vomit or blood</li> <li>* Applying sunscreen or other lotions to one or more children</li> <li>* Touching animals</li> </ul>
<b>Children</b>	<ul style="list-style-type: none"> <li>* Starting the day at the service; parents can help with this</li> <li>* Eating or handling food</li> <li>* Going home, so germs are not taken home with them</li> </ul>	<ul style="list-style-type: none"> <li>* Eating or handling food</li> <li>* Touching nose secretions</li> <li>* Using the toilet</li> <li>* Having their nappy changed – their hands will become contaminated while they are on the change mat</li> <li>* Coming in from outside play</li> <li>* Touching animals</li> </ul>

Sourced from Staying Healthy 5<sup>th</sup> Edition (table 3.1)