



When is handwashing required?



- After children toilet or after assisting individual children with toileting routines.
- Immediately before meal or snack preparation and eating as well as after eating.

Remember to avoid recontamination of hands that can occur when unclean surfaces such as floors or toys are touched before eating.)

- Upon arrival and after outdoor play
- After messy activities (e.g. sand play, play dough).
- Before/after group water play
- After dealing with bodily fluids (e.g. wiping noses, coughing into hands, bandaging a scraped knee), even if gloves are used.



HEALTH REMINDERS FOR THE SACERS-U

Questions about the health requirements for the assessment process?

This document briefly summarizes some of the health and sanitation requirements for the SACERS-U referenced at the end of this document for more information. Also view other related resources such as videos, video supplements, and webcasts found at www.ncrlap.org website. When considering these requirements, remember to meet standards across the various agencies working with child care facilities such as Environmental Health and the Division of Child Development and Early Education.

HEALTH REMINDERS FOR THE SACERS

WHAT IS PROPER HANDWASHING PROCEDURE?

Proper handwashing ensures that hands are effectively rid of germs by washing with soap and running water.

ANY EXCEPTIONS?

- Handwashing is not required in *most* cases outside on the playground if a sink is not available. See the NC Additional Notes for specific details. A waterless wash or wipes can be used, but hands must be washed when returning to the room after outdoor play.
- If children eat in a cafeteria with no sink available, wash hands in the classroom and use a waterless wash or wipes in the cafeteria before children eat.

WHAT ABOUT CHILDREN WITH DISABILITIES?

Children with special needs who have limited head/neck control or weigh too much for caregivers to lift them to the sink can also have hands wiped.

WHAT ABOUT SURFACES? CLEANING VS. SANITIZING TABLES

A cleaning solution such as soapy water is used to clean a surface by removing visible residue or debris. A sanitizing solution such as bleach water actually kills the germs and disease-causing organisms. For sanitizers to be effective the solution must be allowed to dry for a minimum of 2 minutes and complete air drying is ideal.

When is sanitizer needed?

Use a sanitizer as the final step after cleaning tables before and after meals/snacks.



HEALTH REMINDERS FOR THE SACERS

REMINDERS ABOUT CHILDREN'S PERSONAL HYGIENE

- Children need well-stocked, clean bathrooms.
- This includes having access to toilet paper, paper towels, soap, and running water.
- Staff may need to check restrooms throughout the time children are in care.
- Facial tissues should be accessible when children need them such as in the classroom or any other locations used for care such as the gymnasium, outdoor play area, and/or multipurpose room/media center, etc.



References

American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. (2011) *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs. 3rd Edition*. Retrieved from <http://nrckids.org>.

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NCRLAP
UNC Greensboro
915 Northridge St.
Greensboro, NC 27402-6170
Toll free telephone: 866-362-7527
website: ncrlap.org
email: ncrlap@uncg.edu