The single most effective thing that can be done to prevent the spread of disease is to correctly wash your hands thoroughly and often.

Both STAFF and CHILDREN WASH:

- When arriving.
- Before and after eating, before preparing or serving food, or setting the table.
- Before and after preparing or giving medication.
- After using the toilet, before and after diaper change, or after assisting a child with toilet use.
- After handling items soiled with body fluids or wastes (blood, vomit, stool, urine, drool, or eye drainage).
- After coughing, sneezing, or blowing your nose.
- After playing with or caring for pets or other animals.
- After playing outside.
- Before and after using water tables or moist items such as clay.
- Whenever hands look, feel, or smell unclean.
- Before going home.