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Call your Child  
Care Nurse  
Consultant (CCNC)  
if you have any  
questions about  
child health and  
safety, or any  
special training  
needs.



[https://  
earlychildhood.iowa.gov/](https://earlychildhood.iowa.gov/)

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# Quality Care For Kids

A newsletter for Boone and Story County Child  
Care Providers

Written by Stacy Kraft, RN BSN

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## Handwashing Awareness Month

As we touch multiple surfaces throughout each day, we have a build up of germs on our hands. We infect ourselves with these germs by touching our face, eyes, nose and/or mouth throughout the day, or spread these germs by touching another person or surface. Although it's impossible to be completely germ-free, simply washing our hands can help reduce the transfer of germs. Research has shown that handwashing can prevent about 30% of diarrhea-related sicknesses and about 20% of respiratory infections.

We can all help play a part in keeping ourselves and others healthy by washing our hands frequently throughout the day and before key activities such as:

- ◆ On arrival to child care
- ◆ Before, during, and after preparing food
- ◆ Before and after eating
- ◆ Before and after administering first aid
- ◆ After using the restroom
- ◆ After changing diapers or helping a child use the restroom
- ◆ After sneezing, cough, blowing your nose, and adjusting your face mask
- ◆ After handling an animal

*During this pandemic, it is also important to wash your hands after touching high-touched surfaces such as a door handle, light switch, cell phone and tables.*

Hand sanitizer that is at least 60% alcohol is an acceptable option when soap and water are not available. Handwashing education and access to soap and water at school and child care can help improve attendance. Good handwashing early in life may help improve developmental milestones. To download and print a handwashing poster visit Healthy Child Care Iowa at: <https://idph.iowa.gov/hcci/products>

## 5 Steps of Handwashing

Follow these five steps every time.

1. **Wet** your hands with clean, running water and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a paper towel or single-use cloth towel.

## COVID-19 Resources

Iowa Department of Human Services

<https://dhs.iowa.gov/COVID19>

Healthy Child Care Iowa

<https://www.idph.iowa.gov/hcci/products>

Child Care Resource and Referral

<https://iowaccrr.org/providers/links/resources2020/>