

At UBCC, children and staff wash hands often to reduce the spread of germs that can cause illness. Children are taught proper hand-washing techniques, as outlined by the King County Department of Public Health and are supervised or assisted to ensure that appropriate practices are followed. It is important that **you and your child's** hands are washed **before or immediately upon** entering their classroom.

When washing hands at UDCC, please adhere to the following procedure:

1. Turn on water and adjust temperature.
2. Wet hands and apply a liberal amount of soap.
3. Rub hands in a wringing motion from wrists to fingertips, between fingers and under fingernails for a period of no less than 20 seconds.
4. Rinse hands thoroughly.
5. Dry hands using an individual paper towel.
6. Use hand-drying towel to turn off water faucet(s) and open any door knob/latch before discarding.