

Policy Name: Handwashing and Use of Hand Sanitizer

Purpose: Handwashing is one of the best ways to protect yourself and your family from getting sick. Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next.

Effective Date: 3/18/21 AK

Updated: 5/17/21 AK, Reviewed 7/13/21

Procedures: The following times are when you should wash your hands:

1. Before, during, and after preparing any food
2. Before and after using gloves
3. Before and after eating food
4. Before and after caring for someone that is sick
5. Before and after treating a cut or wound
6. After using the toilet
7. After changing a diaper or helping a child who used the toilet
8. After blowing your nose, coughing, or sneezing
9. After touching any animal
10. After touching garbage
11. Upon entering your cabin

To prevent the spread of germs during the COVID-19 pandemic, you should wash your hands with soap and water for **at least 20 seconds** or use hand sanitizer with at least 60% alcohol.

Washing Your Hands Effectively

- a. Wet your hands with clean cold or warm water and apply soap.
- b. Lather up the soap and rub your hands together- getting the back of your hands, between your fingers, and under your nails.
- c. Scrub your hands for **at least 20 seconds**. You can hum the “Happy Birthday” song 2x, “Twinkle, Twinkle Little Star”, or chorus from “Let It Go” (Frozen).
- d. Rinse your hands under clean water.
- e. Dry your hands using a clean towel or air dry them.

It is recommended that you wash your hands with soap and water when they look or feel dirty or greasy, otherwise you can use hand sanitizer.

Using hand sanitizer:

- a. Place a small amount in the palm of one hand.
- b. Rub your hands together.
- c. Be sure the gel goes over all the surfaces of your hands and hands and fingers until your hands are dry. This should take **around 20 seconds** to complete.

Placement of Hand Sanitizer/ Soap in Camp:

1. Dining Hall- x1 at the porch door to enter and x1 at Exit door
2. Rec Hall- x1 at entrance
3. Water fountain- x1
4. Bathroom- x1 near outside of Men's and x1 of Women's side
5. Basketball Court- x1
6. Hand soap- placed on top of laundry room sink

Placement of Reminder Signs around Camp: helpful reminders will be placed in the following locations to remind campers to wash their hands or use hand sanitizer.

1. Kitchen- signs for sanitizing of hands already posted
2. Bathrooms- on the mirrors, off to the side above the sinks
3. Water fountain- sign for filling water bottles, not drinking from it
4. Dining Hall- outside the porch door and Exit doors
5. Rec Hall- inside and outside each door
6. Free standing hand sanitizer station will have a sign posted with it

Sources: CDC: [When and How to Wash Your Hands | Handwashing | CDC](#) and Field Guild for Camps on Implementation of CDC Guidance, Version 1.3