

### 15A NCAC 18A .2803 HANDWASHING

- (a) Child care center employees shall wash their hands as follows when at work in a child care center:
- (1) upon reporting for work at the child care center;
  - (2) before and after handling or preparing food;
  - (3) before bottle feeding a child;
  - (4) before providing food service;
  - (5) before handling clean utensils;
  - (6) after toileting or handling of body fluids, including but not limited to saliva, nasal secretions, vomitus, feces, urine, blood, secretions from sores, and pustulant discharge;
  - (7) after diaper changing;
  - (8) after handling soiled items that are not clean;
  - (9) after being outdoors;
  - (10) after handling animals or animal cages; and
  - (11) after removing disposable gloves.
- (b) The use of a hand antiseptic does not replace the requirements for handwashing in Paragraph (a) of this Rule except that an employee who is supervising a child or children outdoors may use a hand antiseptic while outdoors in lieu of handwashing, provided that the employee's hands are washed in accordance with Paragraph (e) of this Rule when the employee returns indoors. Hand antiseptic shall not be used in lieu of handwashing when the employee's action that necessitates handwashing is diapering, food preparation, or food service.
- (c) Child care center employees shall ensure that children wash their hands as follows:
- (1) upon arrival at the child care center;
  - (2) after each diaper change or visit to the toilet;
  - (3) before eating meals or snacks;
  - (4) before and after water play;
  - (5) after being outdoors; and
  - (6) after handling animals or animal cages.
- (d) Except when the action that necessitates handwashing is diapering and before eating meals or snacks, hand antiseptics may be used in lieu of handwashing while a child is outdoors, provided that the child's hands are washed when the child returns indoors.
- (e) Handwashing procedures shall include the following steps:
- (1) using liquid soap and tempered water;
  - (2) rubbing hands vigorously with soap and tempered water for 15 seconds;
  - (3) washing all surfaces of the hands, to include the backs of hands, palms, wrists, under fingernails, and between fingers;
  - (4) rinsing the hands under tempered water for 10 seconds;
  - (5) drying the hands with a paper towel or other hand-drying device; and
  - (6) turning off faucet with a paper towel or other method without recontaminating hands.

*History Note:* Authority G.S. 110-91;  
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