



# HANDWASHING 101

## Stop Germs! Wash Your Hands.

### When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



### How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



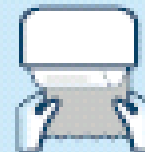
Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

**CLEAN  
HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)





## 2020 Trainings

All Classes will be held from 6:00-8:00 p.m. at CFA

(Please enter the building to the left of the Living Center around back)

**CLASS IN APRIL 2020 ARE TENTATIVE—PLEASE CONTACT THE PARTNERSHIP OFFICE TO SEE IF CLASSES ARE STILL BEING HELD**

**SIDS**—May 5th, August 4th, and October 6th

**CPR**—April 7th, June 2nd, and September 1st (This class MAY run past 8 p.m.)

CPR is \$50/person and MUST BE PAID in advance, by Center-issued check, cash brought to the Partnership Office or Paypal.

Anyone more than 10 minutes late to class will be required to reschedule.

To Register for a class please call Lissy Rios at the Partnership, 704-933-8278, Option 1

UPCOMING TRAININGS

## DCDEE ANNOUNCES FLEXIBILITY IN POLICY AND REGULATORY REQUIREMENTS FOR CHILD CARE PROVIDERS

Please make sure you are reading updates from DCDEE at this time:

<https://ncchildcare.ncdhhs.gov/Portals/0/documents/pdf/F/>

[Flexibility in Policy and Regulatory Requirements Announced.pdf?ver=2020-03-18-165010-367](https://ncchildcare.ncdhhs.gov/Portals/0/documents/pdf/F/Flexibility%20in%20Policy%20and%20Regulatory%20Requirements%20Announced.pdf?ver=2020-03-18-165010-367)

## Important Contacts



NC DCDEE	1-800-859-0829
Carolinan Poison Center	1-800-222-1222
Cabarrus County DHS	704-920-1400
Debra Pless, RN, CCHC	704-960-3109
Melissa Jones, RN, CCHC	704-787-0682
NC Immunization Branch	919-707-5550
Criminal Background Check Unit Line	919-527-6620