



Philadelphia Department of Public Health

INFECTION CONTROL RECOMMENDATIONS

- Hot and cold running water must be available for handwashing.
- Sinks for handwashing should be available in areas where food is prepared and in diapering areas.
- Liquid soap in mounted dispensers (not bars) should be available in the common bathrooms.
- Diaper pails should be available on *each* floor where diaper-age children reside or play.
- The diapering table should be wiped down (disinfected) with 1:10 dilution of bleach after each diaper change, especially during an enteric outbreak.
- Handwashing must be done:
 - before preparing food, eating, or bottles;
 - after taking care of personal needs (going to the bathroom, combing hair);
 - after changing a diaper;
 - after handling garbage or trash.
- Steps to good handwashing:
 - soap, preferably a liquid soap, and warm (not hot) running water. Hot water liquefies and washes away natural body oils;
 - rubbing entire hand surface and between fingers and under nails, using friction for at least 15 seconds. For sterile procedures, 30 seconds to 10 minutes may be required depending on procedure;
 - rinse and dry with towel. If the faucet is hand operated, turn water off using the towel and discard;
 - apply lotion when appropriate (i.e. before lunch, after work). This replaces the lost natural oils. Dry, cracked hands often have higher organism counts than hands that are supple.

Note: Handwashing is the best means of breaking the chain of infection

For more information, please contact:
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