3.4 INTERIM GUIDANCE ON PREVENTING SPREAD [5/16/20]

COMMUNICATION FROM ADMINISTRATION

• Post print material from the CDC (consider posters tailored to children and teens) in or near bathrooms to remind individuals when and how to wash hands.
• Screen, distribute, and incorporate this CDC video resource on proper handwashing into training programs.
• Post print material from the CDC in critical areas where physical distancing should be encouraged: dining areas, common areas, cabins, etc.

HAND HYGIENE

When to Wash or Disinfect Hands – Campers and General Staff

• Before eating food (e.g., when entering the dining area)
• Upon entering your cabin
• After being in contact with someone who may have been sick
• After touching frequently touched surface (railings, doorknobs, counters, etc.)
• After using the restroom
• After using common items, such as sports equipment, computer keyboards and mice, craft supplies, etc.
• After coughing, sneezing, or blowing your nose

When to Wash Hands – Kitchen and Dining Staff

Existing best practices for food preparation apply. Coronavirus is not foodborne, but food service workers who are infected can transmit the virus to coworkers or diners. Refer to the Food Service section for more information. Handwashing is equally important whether gloves are used or not and all recommendations apply regardless of glove use.

• Before and after using gloves
• Before, during, and after preparing any food.
• After handling raw meat, poultry, seafood, and eggs
• After touching garbage.
• After using the restroom
• After wiping counters or cleaning other surfaces with chemicals
• After coughing, sneezing, or blowing your nose
• Before and after breaks
How to Wash Hands

1. **Wet** your hands with clean, running water. Turn off the tap and apply soap.
2. **Lather** your hands by running them together with the soap. Make sure to lather the back of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds (about the time it takes to sing the “Happy Birthday” song twice.)
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or an air dryer.

You may use paper towels to turn off the faucet and/or open doors of the bathrooms.

How to Use Alcohol-Based Hand Sanitizer

Hand sanitizers should contain greater than 60% ethanol or greater than 70% isopropanol. Hand sanitizers are not a substitute for handwashing for kitchen and dining staff.

1. Apply the product to the palm of one hand.
2. Rub your hands together. Make sure the product contacts the back of your hands, palms, between your fingers, and fingertips.
3. Continue to rub your hands together until your hands are dry (about 20 seconds).

Handwashing Misconceptions

- Water temperature is not important. Clean cold and warm water work equally well.
- Antibacterial soap is not more effective than regular soap.
- Bar soap and liquid soap are equally effective.
- Soap and water are more effective than alcohol-based hand sanitizer if hands are visibly dirty or greasy.
- If water is available but soap and hand sanitizer are not, rubbing your hands together under water and drying them off with a clean towel or letting them air dry can remove some germs. Only use this method as a last resort.

PHYSICAL DISTANCING

Physical distancing is also known as “social distancing.” Physical distancing can allow individuals to safely interact with others. Physical distancing is not a substitute for using cohorts, a method of isolating groups that can be integrated over time if conditions are met. See the *Using Cohorts at Camp* section.

For camps, CDC encourages physical distancing through increased spacing, small groups, and limited mixing between groups, and staggered scheduling, arrival, and drop off, if feasible.²

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² U.S. Centers for Disease Control and Prevention. *Youth Programs and Camps during the COVID-19 Pandemic.*
REFERENCES AND RESOURCES

U.S. Centers for Disease Control and Prevention. *When and How to Wash Your Hands.*
https://www.cdc.gov/handwashing/when-how-handwashing.html

U.S. Centers for Disease Control and Prevention. *Hand Hygiene.*

https://www.cdc.gov/handwashing/handwashing-kitchen.html

U.S. Centers for Disease Control and Prevention. *Life is Better with Clean Hands Campaign.*
https://www.cdc.gov/handwashing/campaign.html#anchor_1569614257

U.S. Centers for Disease Control and Prevention. *Protect Yourself.*

U.S. Centers for Disease Control and Prevention. *Social Distancing.*