Welcome to HLTH104

This course provides basic information everyone should know about preventing the spread of infectious diseases in the child care setting. Participants will learn about various types of pathogens and how they are spread, recommended hygiene practices, recognizing signs and symptoms of disease, immunization policies, criteria for excluding a child from group care, communicating with families regarding disease, maintaining a clean environment, and more.

Course Objectives:

By taking notes on the handout and successfully answering assessment questions, participants will meet the following objectives as a result of taking this course:

- Define pathogen
- Identify facts about bacteria, viruses, and other pathogens
- Demonstrate understanding of the various modes by which diseases are transmitted
- Demonstrate understanding of the importance of vaccines and identify elements of recommended immunization policies for child care facilities
- Identify CDC recommended steps and policies for effective handwashing
- Identify the purpose and recommended procedures for Daily Health Checks
- Identify recommended criteria for exclusion/inclusion of sick children
- Identify recommended procedures for children who require exclusion from group care
- Define and differentiate between the terms clean, sanitize, and disinfect
- Identify recommended practices for using chlorine bleach and other types of cleaners
- Identify recommended practices for communicating with families and maintaining children’s health records

References:


Various resources available through Healthy Child Care America (a program of the American Academy of Pediatrics), 2013 [http://www.healthychildcare.org/index.html](http://www.healthychildcare.org/index.html)


The standards in Caring for Our Children provide an important foundation for many state, local, and center regulations. However, it is important to understand that the NRC standards are in no way legally binding. **All states have their own unique health and safety regulations, guidelines, and standards.** Many state regulations and standards are based directly on the NRC guidelines, but there may be important differences.
Infections 101

Define *pathogen:*

Define *infection:*

Define *bacteria:*

Define *virus:*

Define *parasite:*

Define *fungus:*

How Infections Spread

Define *direct contact:*

Define *indirect contact:*

According to the NRC, “The majority of common viral respiratory and gastrointestinal tract infections and skin infections among young children are transmitted by ____________________________.”

_____________________________ are by far the most common means of transmission of infection in the child care setting.

Droplet

Airborne

Immunization

What is the purpose of the human *immune system* and how does it work?
What are *antibodies*?

What is a *vaccine*?

**Immunization Policy Recommendations**

**Basic Health and Hygiene Policy**

**Handwashing**

The single best way to prevent the spread of infectious disease is through____________________________________________________.

**How to wash your hands effectively**

*The following recommended handwashing practices apply to both children and adults.*

Many health experts recommend that you consider the sink and faucet to be__________________________

____________________________________________________.

**Step 1**

**Step 2**

**Step 3**

**Step 4**

**Step 5**

**Step 6**
Antibacterial Soap

Hand Sanitizers
Is it appropriate to use hand sanitizers in the childcare setting? When and why?

When Should Staff Wash Their Hands?
All staff members should wash their hands immediately upon arrival in the center.
In addition, the CDC recommends washing your hands:

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When Should Children Wash Their Hands?
Handwashing should be a regular part of the daily routine. As a matter of habit, children should wash their hands:

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Good Personal Hygiene

Teaching Good Personal Hygiene and Healthy Habits

Daily Health Check
What is the Daily Health Check?

The health check should address:

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•
•

Important Note About Child Abuse
What is the relation between the duties of a mandated reporter and the Daily Health Check?

Making the decision to Exclude Children Due to Illness

Conditions & Symptoms that Do NOT Require Exclusion
Common colds, runny noses (regardless of color or consistency of nasal discharge)

A cough not associated with an infectious disease (such as pertussis) or a fever

Eye Discharge

Additional Symptoms that Do Not Require Exclusion

Interpreting Temperature Readings

Criteria for Exclusion of Children Who Are Ill

Reminder: Only trained, certified medical professionals may diagnose and/or prescribe treatment for infectious diseases. Child care professionals are never expected to diagnose or recommend treatment for any diseases.

Most illnesses do not require exclusion. The caregiver/teacher should determine if the illness:

•

•

•

If any of the above criteria are met, the child should be excluded, regardless of the type of illness.

Additional Recommendations for Temporary Exclusion

Procedures for a Child Who Requires Exclusion
Ask the family to pick up the child as soon as possible.

Once it is determined that the child should be excluded — and she is comfortable and her immediate needs are met — then it is time to start the phone calls. Every child should have a primary contact and at least one backup, each with home and work numbers. Text messages and emails are not sufficient. Call them. It is important to do it as soon as possible because:

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- 

Follow the advice of the child’s ________________________________________________________________.

Document actions in the child’s file with __________________________________________________________

Preparing Families for Situations that Require Exclusion from Care

A Clean, Healthy Environment

Cleaning vs. Sanitizing vs. Disinfecting

Cleaning

Sanitizing

Disinfecting
Household Bleach and Water

Dishwashing Procedures

Cleaning and Sanitizing Toys
Toys that cannot be cleaned and sanitized should ____________________________.

Additional Notes about Cleaning and Sanitizing

Cleaning and Sanitizing Objects Intended for the Mouth

Cleaning Individual Bedding

Cleaning Crib Surfaces

Recordkeeping
### Guide for Cleaning, Sanitizing, and Disinfecting

<table>
<thead>
<tr>
<th>Areas</th>
<th>Before Each Use</th>
<th>After Each Use</th>
<th>Daily (At the End of the Day)</th>
<th>Weekly</th>
<th>Monthly</th>
<th>Comments</th>
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<tbody>
<tr>
<td><strong>Food Areas</strong></td>
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<tr>
<td>• Food preparation surfaces</td>
<td>Clean, Sanitize</td>
<td>Clean, Sanitize</td>
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<td>Use a sanitizer safe for food contact</td>
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<td>• Eating utensils &amp; dishes</td>
<td>Clean, Sanitize</td>
<td>Clean, Sanitize</td>
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<td>If washing the dishes and utensils by hand, use a sanitizer safe for food contact as the final step in the process; Use of an automated dishwasher will sanitize</td>
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<td>• Tables &amp; highchair trays</td>
<td>Clean, Sanitize</td>
<td>Clean, Sanitize</td>
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<td>• Countertops</td>
<td>Clean</td>
<td>Clean, Sanitize</td>
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<td>Use a sanitizer safe for food contact</td>
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<td>• Food preparation appliances</td>
<td>Clean</td>
<td>Clean, Sanitize</td>
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<td>• Mixed use tables</td>
<td>Clean, Sanitize</td>
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<td>Before serving food</td>
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<td>• Refrigerator</td>
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<td>Clean</td>
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<td><strong>Child Care Areas</strong></td>
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<td>• Plastic mouthed toys</td>
<td>Clean</td>
<td>Clean, Sanitize</td>
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<td>Reserve for use by only one child; Use dishwasher or boil for one minute</td>
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<td>• Pacifiers</td>
<td>Clean</td>
<td>Clean, Sanitize</td>
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<td>• Hats</td>
<td>Clean</td>
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<td>Clean after each use if head lice present</td>
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<td>• Door &amp; cabinet handles</td>
<td>Clean, Sanitize</td>
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<tr>
<td>Activity</td>
<td>Cleaning Instructions</td>
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<td>Floors</td>
<td>Sweep or vacuum, then damp mop, (consider micro fiber damp mop to pick up most particles)</td>
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<td>Machine washable cloth toys</td>
<td>Clean Launder</td>
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<td>Dress-up clothes</td>
<td>Clean Launder</td>
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<td>Play activity centers</td>
<td>Clean</td>
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<td>Drinking Fountains</td>
<td>Clean, Disinfect</td>
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<td>Computer keyboards</td>
<td>Clean, Sanitize Use sanitizing wipes, do not use spray</td>
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<td>Phone receivers</td>
<td>Clean</td>
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<td><strong>Toilet &amp; Diapering Areas</strong></td>
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<tr>
<td>Changing tables</td>
<td>Clean, Disinfect Clean with detergent, rinse, disinfect</td>
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<td>Potty chairs</td>
<td>Clean, Disinfect</td>
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<td>Handwashing sinks &amp; faucets</td>
<td>Clean, Disinfect</td>
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<td>Countertops</td>
<td>Clean, Disinfect</td>
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<td>Toilets</td>
<td>Clean, Disinfect</td>
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<td>Diaper pails</td>
<td>Clean, Disinfect</td>
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<td>Floors</td>
<td>Clean, Disinfect Damp mop with a floor cleaner/disinfectant</td>
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<td><strong>Sleeping Areas</strong></td>
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<td>Bed sheets &amp; pillow cases</td>
<td>Clean Clean before use by another child</td>
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<td>Cribs, cots, &amp; mats</td>
<td>Clean Clean before use by another child</td>
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<td>Blankets</td>
<td>Clean</td>
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