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

References:

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 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

Contact

Define *direct contact*:

Define *indirect contact*:

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

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

Droplet

Airborne

Immunization

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

What are *antibodies*?

What is a *vaccine*?
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
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.

Also, 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:

- When they have been in contact with a sick person.
- Before eating.
- After using the toilet.
- After handling animals or animal food.
- After handling garbage.
- After playing with toys.
- After touching things in public places like doorknobs or computer keyboards.
- After sneezing, coughing, or using a tissue.

**Good Personal Hygiene**

**Personal Health**
At a minimum, ECE professionals should follow these personal cleanliness practices:

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Actions to avoid while handling food include:

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Teaching Good Personal Hygiene and Healthy Habits

**Try This!**

**Handwashing Songs**

Children can be taught to count out 20 seconds while washing their hands, but where’s the fun in that? Instead, you can have them hum or sing a song. For example, they can sing the “Happy Birthday” song from beginning to end **twice**.

Some ECE professionals like to make up songs, or you can find plenty of examples on the internet. Here is a popular one, sung to the tune of “If You’re Happy and You Know It.”

*If you’re dirty and you know it*
*Wash your hands*
*If you’re dirty and you know it*
Wash your hands
If you’re dirty and you know it
Then your hands will surely show it
If you’re dirty and you know it
Wash your hands

Don’t Just Teach Them How, Teach Them Why

Catching Coughs

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?
Deciding 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:

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

**Diarrhea** is defined by:

NRC standards state:

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Readmission after diarrhea can occur when diapered children have their stool contained by the diaper (even if the stool remains loose) and when toilet-trained children are continent.

Special circumstances that require specific exclusion criteria include the following:

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**Additional Recommendations for Temporary Exclusion**

The following are some additional reasons for exclusion, according to NRC standards:

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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:

1. 

2. 

3. 

Document actions in the child’s file with ________________________________

_________________________________________________________________________.

Follow the advice of the child’s ________________________________.

Preparing Families for Situations that Require Exclusion from Care
A Clean, Healthy Environment

NRC standards recommend that child care facilities develop written policies and procedures for each of the following:

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 

Even with thorough training and years of experience, it is always easy to forget all the steps and procedures necessary for maintaining a clean environment. Therefore:

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Cleaning vs. Sanitizing vs. Disinfecting

Cleaning

Sanitizing

Disinfecting

Household Bleach and Water

To safely prepare bleach solutions:

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To safely use bleach solutions:

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Dishwashing Procedures

If washing dishes by hand, use a three-compartment sink using the following procedure:

1. 
2. 
3. 

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

The file for each child should include the following:

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