

Step 1 Essential Trainings

Prevention and Control of Infectious Diseases in Child Care



Checklist of Practice

Always	Sometimes	Not Yet	Caregiver Strategies: What they look like in practice
			1. Use published guides, such as <i>Managing Infectious Diseases in Child Care and Schools</i> , to share information with families and other program staff.
			2. Conduct daily health checks with every child.
			3. Develop clearly defined policies to prevent and manage infectious diseases.
			4. Share programs related to preventing and managing infectious diseases with families and staff, update policies as needed.
			5. Store all bedding away from the sleep surface of another child's bedding.
			6. Wash all bedding uses by different children.
			7. Separate sleeping children by at least 3 feet.
			8. Use sanitary food handling practices: clean (hands and surface), separate (don't contaminate); cook (to proper temperature); and chill (refrigerate perishables promptly).
			9. Check vaccine records as part of intake, match vaccine records to immunization registries, and track vaccines due during the year.
			10. Post pictures to remind everyone of how and when to wash their hands.
			11. Make sinks, soap, and towels available, and have a regular routine for hand washing.
			12. Use consistent, same age, groupings whenever possible.
			13. Have enough diaper changing and toileting areas so that they do not need to be shared by groups.
			14. Follow proper diapering procedures for every diaper change in the child care setting.
			15. When handling blood and other potentially infectious fluids follow the directions established by the CDC.



What you will learn about Preventing and Controlling Infectious Diseases in Child Care

QRIS Indicator for Step 1 Health and Safety: The program gathers information on immunizations for individual children.

Caring for our Children, National Health and Safety Performance Standards: Guidelines for Early Care and Education Programs, 3rd Edition, <http://cfoc.nrckids.org/>

ESSENTIAL KNOWLEDGE: MEASURES CAN BE TAKEN TO MAKE CHILDREN MORE RESISTANT TO GERMS.

What this looks like in practice

1. When possible, have children enrolled no younger than 3 months of age.
2. Child care providers encourage and support breastfeeding in the child care setting.
3. Lotion is available and offered to children and staff after handwashing.
4. Parents are advised on recommendations for preventative and early intervention dental services.

ESSENTIAL KNOWLEDGE: ROUTINELY FOLLOWING PRACTICES THAT REDUCE THE NUMBER OF DISEASE CAUSING GERMS IN THE ENVIRONMENT WILL REDUCE EPISODES OF SIGNIFICANT ILLNESS.

What this looks like in practice

1. Conduct daily health checks with every child.
2. Child care providers follow recommended procedures for changing diapers, pull-ups, or soiled underwear.
3. When handling blood and other potentially infectious fluids, child care providers follow the directions established by the CDC.
4. Children and staff practice frequent hand washing.
5. Ill people are excluded when it is likely to reduce the spread of illness.

ESSENTIAL KNOWLEDGE: MODIFYING THE CHILD CARE SPACE CAN SEPARATE PEOPLE FROM GERMS THAT CAUSE ILLNESS.

What this looks like in practice

1. Child care program has enough diaper changing and toileting areas so they do not have to be shared by groups.
2. Items in child care program have easily cleanable surfaces.
3. There is enough space to avoid crowding (42-50 sq ft per child is recommended).
4. Exposure to pets is limited.
5. Food areas are separated from those areas used for toileting.
6. Programs use consistent, small, same-age groupings.
7. Air circulation is checked regularly.

ESSENTIAL KNOWLEDGE: HAND HYGIENE IS THE MOST IMPORTANT WAY TO REDUCE THE SPREAD OF INFECTION.

What this looks like in practice

1. Make sinks, soap and towels available to all children and staff.
2. Have a routine for regular hand washing.
3. Know and use the proper hand washing technique.
4. Put up posters to remind everyone of how and when to wash hands.

ESSENTIAL KNOWLEDGE: IMMUNIZATIONS ALLOW THE IMMUNE SYSTEM TO RESIST FUTURE ENCOUNTERS WITH GERMS THAT CAN MAKE PEOPLE ILL.

What this looks like in practice

1. Check vaccine records as part of your program enrollment process.
2. Match vaccine records to immunization registries.
3. Track vaccines due during the year.

ESSENTIAL KNOWLEDGE: SANITARY FOOD HANDLING PRACTICES PREVENT FOOD BORNE ILLNESS.

What this looks like in practice

1. Use sanitary food handling practices: clean (hands and surface); separate (don't contaminate); cook (to proper temperature); chill (refrigerate perishables promptly).
2. Examine foods brought from home to be sure they have been held at safe temperatures.
3. Throw out any food that has been served and touched.

ESSENTIAL KNOWLEDGE: ENVIRONMENTAL CONSIDERATIONS CAN BE MADE TO REDUCE THE RISK OF INFECTIOUS DISEASES.

What this looks like in practice

1. Wash bedding between children and store bedding so that sleep surfaces do not touch.
2. Separate cots by 3 feet between children.
3. Provide a current certificate from a veterinarian for any animal in the child care setting.

ESSENTIAL KNOWLEDGE: PREVENTATIVE HEALTH PRACTICES SHOULD BE PART OF A CHILD CARE PROGRAM'S WRITTEN POLICIES AND PROCEDURES FOR STAFF AND FAMILIES.

What this looks like in practice

1. Program has clearly defined policies to minimize infectious diseases.
2. Program policies are shared with staff and families.
3. Program updates policies regularly.

ESSENTIAL KNOWLEDGE: MOST CHILDREN WITH COMMON INFECTIOUS DISEASES DO NOT NEED TO BE EXCLUDED, BUT CHILDREN WITH SOME SPECIFIC DISEASES SHOULD BE EXCLUDED UNTIL THEY RECOVER.

What this looks like in practice

1. Conduct a daily health check for every child
2. During the day, caregivers should look for children that are less active, clingy, cranky, or not participating
3. Notify parents or guardians when children need to be excluded and care for child until parent arrives
4. Have written exclusion criteria that is discussed with parents or guardians at the time of enrollment, based on expert medical advice and evidence from research, and applied consistently by staff.
5. Use published guides such as Managing Infectious Diseases in Child Care to defuse controversy and fear about infectious diseases.