Module 2
Preventing Infectious Diseases

- Controlling Spread
- Tools
- Vaccines
- Reducing Germs
- Sanitation
- Food Handling
- Policies and Procedures

Controlling Spread of Infection

People

Places

Germs

Overview of Tools to Control Infection—People

- Promote health of teacher/caregiver and children
  - Nutrition
  - Sleep
  - Exercise
  - Safe activities and healthful practices
  - Immunization with vaccines
  - Manage risks for children and staff who have special needs

Can you give an example of 1 of these?
Overview of Tools to Control Infection—Places/Environment

• Facility design
  – Enough space to prevent crowding
  – Surfaces easily cleanable
  – Separation of food areas from toileting and diapering
  – Enough flushing toilets and well-designed diaper-changing stations
• Program Plan
  – Group size and staffing facilitates practicing infection control routines
  – Mixed-age and mixed-group arrangements require extra infection control effort

Overview of Tools to Control Infection—Germs

• Wash hands
• Clean and sanitize surfaces
• Follow Standard Precautions for exposure to blood
• Carefully dispose of material that might contain bad germs
• Exclude ill people from the group when it matters

Vaccines

• Current recommended adult and child vaccine schedules at www.cdc.gov/vaccines
• How do you:
  – Check vaccine records?
  – Promote flu vaccine use?
Checking Vaccine Records

• Why should early education programs check whether child and staff vaccines are up to date?
• Why are so many people overdue for vaccines?
• Easing the burden of checking:
  – Public health vaccine registries
  – Tracking software
  – Get help from a Child Care Health Consultant
  – Use the CDC Web site vaccine checker at www.cdc.gov/vaccines

Hand Washing

• Make sinks, soap, and towels available
• Do at routine times
• Use good technique
• Have fun washing
• Soap and water is best

When should children and adults wash their hands in child care settings?
Role-play proper technique for hand washing

Controversial Issues

• Gloves
  – Required only when contact with blood is possible
  – May be used in diapering, changing soiled clothes, wiping noses,
    or other situations where contact with body fluids might occur
  – Hands must be washed even when gloves are worn
• Hand sanitizers
  – Toxic, flammable, expensive, and need enough of the sanitizer
    for required contact time
• Antibacterial soaps
  – Neither required nor recommended
Sanitation

What Does Your Program Do

• To clean and sanitize toys?
• To clean bedding?
• To clean soft toys?
• To clean soft surfaces on furniture?
• To clean carpets and hard surface floors?
• To clean tables, door, and cabinet handles?

Evaluate This Diapering Set-up

 Courtesy of Cheryl Frank and Andrea Miller
Sanitary Food Handling

- Prevent food-borne illness with sanitary food handling practices
- Keep perishable foods at safe temperatures (below 40°F or above 140°F)
- Prevent contamination of food during handling
- Examine foods brought from home to be sure they have been held at safe temperatures during transport

What Does “Clean” Mean?

Sanitizing Versus Disinfecting

- Sanitize: reduce, not eliminate, germs to a level that is unlikely to cause disease
- Disinfect: destroy or inactivate infectious fungi and bacteria, not necessarily spores

Methods: immersing, wiping, and spraying
Informing Parents and Child Care Staff

- Daily Health Check
- Talking with parents about health policies
- Notification when children are ill
- Providing medical reports
- Children with special needs

Video: Informing Parents and Staff

Policies and Procedures


- Model Child Care Health Policies, available online at www.ecels-healthychildcarepa.org, print version available from the National Association for the Education of Young Children at www.naeyc.org
Policies and Procedures

- Does your program have clearly written policies to minimize infectious illnesses?
- Do you share these policies with families and child care staff?
- Do the policies need updating?
- What can you do to review and revise your program policies to minimize infectious illness?

Using Caring for Our Children

Look-up exercise:

- Staff exclusion for illness
- Staff modeling of healthy behavior
- Space for an ill child

What Are the Infectious Disease Issues for Each of These?

- Pets
- Storage of gear and bedding
- Separation of groups
Review: Focus of Tools to Control Infection

- People
- Places/Environment
- Germs

References


- Aronson SS, Shope TR. Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide. 2nd ed. Elk Grove Village, IL: American Academy of Pediatrics; 2009:26 (Slides 5, 9, 14)


- CDC, www.cdc.gov/flu/about/qa/fluvaccine.htm (Slide 6)


Module 2: Preventing Infectious Diseases

Objectives

A. Knowledge
Each participant will be able to:
1. Identify the 3 factors involved in controlling the spread of infection.
2. Explain the role of nutrition, healthy lifestyle, and immunization in preventing infectious diseases.
3. Identify 4 ways to reduce the number of germs in child care settings.
4. Explain at least 1 activity that families, caregivers/teachers, and health care professionals can do to prevent infectious diseases.

B. Attitude
Each participant will be able to:
1. Feel knowledgeable about good diaper changing techniques.
2. Plan to promote healthy lifestyles in children and staff by practicing good nutrition, and getting adequate exercise and rest.
3. Commit to updating and implementing policies and procedures to decrease the spread of infectious diseases, like effective hand washing and sanitizing.
4. Commit to keeping vaccine status current, plan to encourage other staff to do likewise, and explore how to improve efforts to have parents keep their children’s immunizations updated.

C. Behavior
Each participant will:
1. Perform a self-assessment of vaccine status.
2. Demonstrate the proper technique for hand washing.
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References

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