

# #1: Prevention and Control of Infectious Diseases



## Training Instructions:

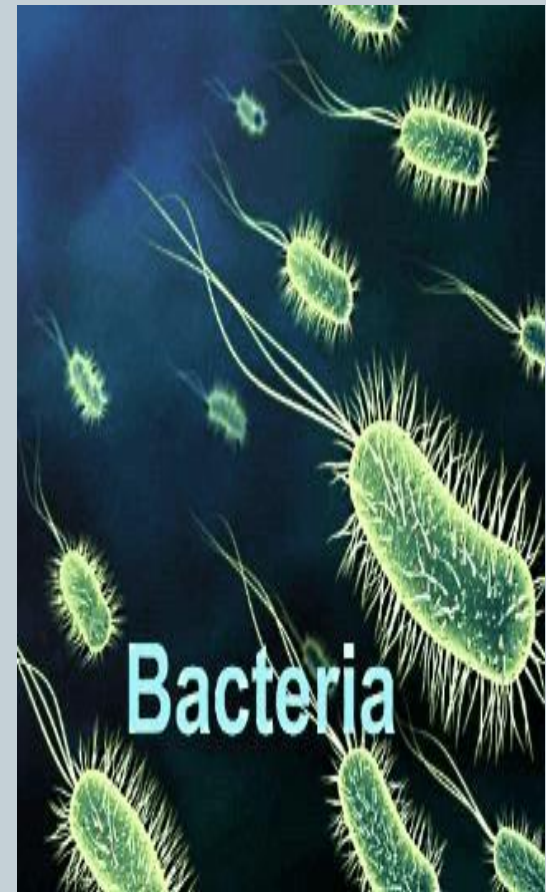
- View the power point presentation (12 slides)
- Read information sheet: **PREVENTION AND CONTROL OF INFECTIOUS DISEASES**
- Watch the video (**DAILY HEALTH CHECKS**)
- Complete the post test and email it to QCHK for training credit.
- 3 Additional resources include:
  - **2019 IMMUNIZATION SCHEDULE,**
  - **EXCLUSION CHART, NIGHT DOCTOR,**
  - **INTEGRATED PEST MANAGEMENT (IPM)**





## TRAINING OBJECTIVES

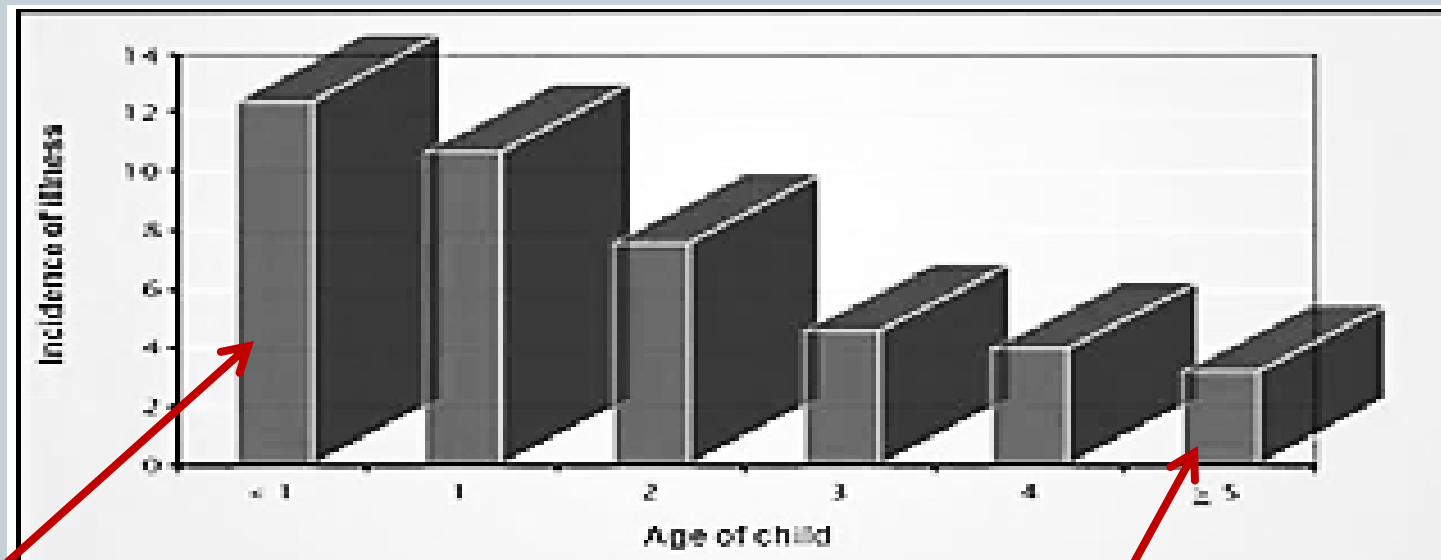
- Identify why children are so vulnerable to infections.
- Identify ways to prevent and control the spread of germs?
- Discover Immunization recommendations
- Understand guidelines for EXCLUSION



# Why Are Young Children So Vulnerable To Infections?

## 1. Their immune system isn't fully developed yet.

It is no wonder that infants and toddlers seem to be sick all the time. The frequency of illnesses for very young children are 2-3 times greater than the typical preschooler and kindergartener.



14 illness incidents in a year before 12 months of age

Less than 5 illness incidents in a year at age 5

# Why Are Young Children So Vulnerable To Infections?



**2. Their immature skills and behaviors put them at risk.** To make matters worse they put everything into their mouths. They have not yet learned to practice good hygiene like covering coughs and washing hands. They need us to protect them from their own selves.



**3. Finally, they haven't had all their immunizations**

A youngster gets the majority of their vaccines in the first 3 years of life. How old are the children in your day care?

**So, what can we do to curb spread of germs?**

1.

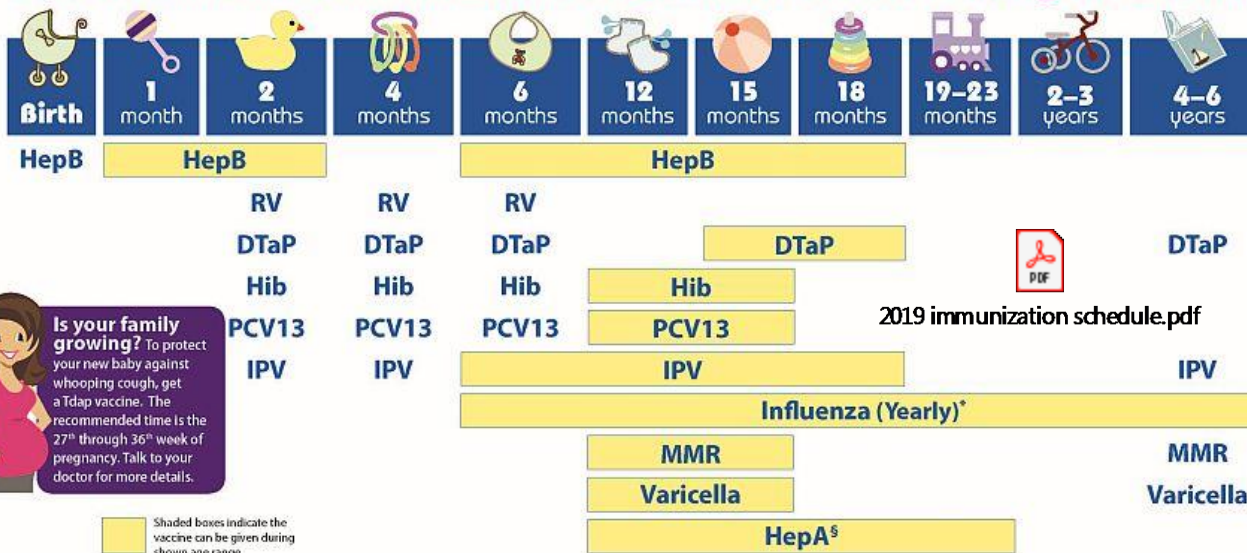


What can be done to curb spread of germs?

# Should immunizations be required?

Children build a natural immunity to everyday germs over time. But in their first 3 years, vaccines can protect children from very serious childhood diseases like measles, mumps, chicken pox, and more. How old are the children in your child care? Should immunizations be required of them?

## 2019 Recommended Immunizations for Children from Birth Through 6 Years Old



2019 immunization schedule.pdf



Get details on immunizations from this PDF handout; like what vaccines are recommended; and what are symptoms and signs of these early childhood diseases. **This information will help you decide -- "Should children in my day care be immunized?"**

Click on this PDF resource to open it.

What can be done to curb spread of germs?

## 2. *Do Daily Health Checks*



Daily Health Checks are a good way to get updates from parents about the child's current health status at the start of each day...

WATCH THE  
VIDEO



Daily Health Check

<https://youtu.be/HqdfXB8OUPY>

2:58 minutes

### Health checks are done upon arrival.

**Greet and ask....** how did he sleep last night? Did he have any incidents of fever, cough, vomiting (etc.)? Was he given any medication last night? When was his last meal?....last diaper change?

### Health checks are done throughout the day

- **Observe** behaviors that may be out of the norm;
- **Look** for rashes, scratching, bruises, cuts;
- **Listen** for wheezing or voice changes
- **Touch** to feel body warmth





What can be done to curb spread of germs?

### 3. HAVE EXCLUSION GUIDELINES



## What guides your exclusion decisions?



### 3 things to consider...

*“Will the child’s illness....”*

1. Prevent the child from participating comfortably in activities?
2. Result in a need for greater care than you are able to provide?
3. Pose a risk of spreading infection to the other children?

Exclusion Chart, Night Doctor.pdf



This PDF resource handout provides more exclusion guidance. **The Night Doctor** is an easy to use chart listing common childhood illnesses, describing how these illnesses can spread, and when you need to exclude a child from day care.

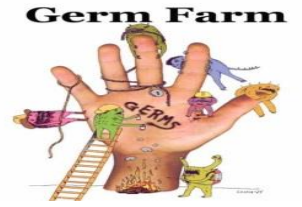
**Look it up. ....When does conjunctivitis require exclusion?**

*Click on the PDF resource to open it.*



What can be done to curb spread of germs?

## 4. Practice and Teach Good Hygiene



### Diapering/toileting TIPS:

- Have supplies within arms reach
- Clean and disinfect diapering/toileting surfaces
- Wash hands (both adult and child)



### Hand hygiene TIPS:



- Have daily ,routine hand washing times (upon arrival, coming in from outside play, before & after meals, before & after toileting/diapering, and after messy arts and crafts)
- Keep handwashing facilities clean & in good repair, and make it kid accessible to encourage independence.
- Teach/model good hygiene like covering a cough and washing hands.
- Keep hand sanitizers handy (but not for children under 2)



What can be done to curb spread of germs?

## 5. Practice Safe Food Prep and Feeding



- ❑ **Discourage food sharing** (hand to hand, mouth to mouth) Share aloha... not germs.
- ❑ **If in doubt; throw it out** (*especially baby formula*). You can't always tell if food contains bacteria that might make you sick by the look, smell or taste; especially when it's left out of the temperature zone needed.
- ❑ **Clean, Separate, Cook, and Chill** These four basic food safety principles work together to reduce the risk of foodborne illness. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety. Check it out on [www.befoodsafe.org](http://www.befoodsafe.org).

## PEST CONTROL IN THE SCHOOL ENVIRONMENT

IMPLEMENTING INTEGRATED PEST MANAGEMENT (IPM)

What can be done to curb spread of germs?

# 6. Routine Pest Control



## Integrated Pest Management (IPM)

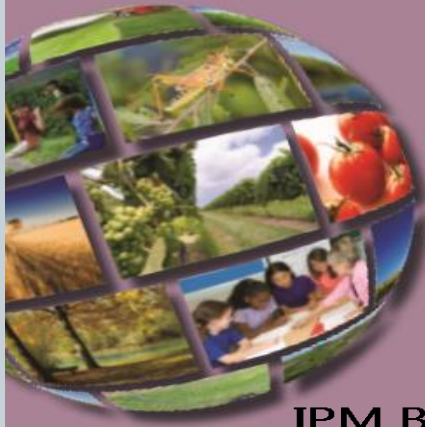
is a Smart, Sensible, and Sustainable approach to pest control focusing on common-sense practices, with pesticide application as a last resort control method. Integrated Pest Management (IPM) activities include:

- Reducing clutter.
- Sealing areas where pests enter the building
- Removing standing water.
- Maintaining clean dining and food storage areas.
- Removing trash and overgrown vegetation.



Pest Wise

Integrated Pest Management in Schools



IPM Brochure.pdf

*Click on the PDF resource to open it.*

What can be done to curb spread of germs?

#7.



**Cleaning** (removes visible soil)

**Sanitizing** (reduces germs)

**And Disinfecting** (kills germs)

## Dosing Amounts



**For disinfecting:**

½ cup Clorox® Regular Bleach, in 1 gal. water

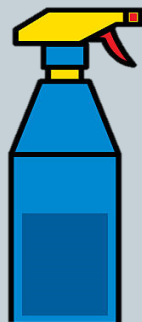


**For sanitizing:**

2 tsp Clorox® Regular Bleach, in 1 gal. water



Do some of the cleanings in the morning... like vacuuming and/or wiping down the bathroom. Do it before the kids arrive the next day.



Preventing the spread of germs is a challenge in child care programs. But here a few tips to make the job easier on you...

Spray a bleach & water solution to quickly disinfect doorknobs, faucets, railings, toilet levers, phones, tables and chairs, light switches, toys, and nap mats.



Put a few sheets of old newspaper in the bottom of garbage bins/bags to absorb any liquids.



Use dryer sheets to make dusting faster.



Prev. and Control of Infect. Diseases.pdf

**Read the information sheet.** This PDF reviews the recommended activities in the prevention and control of infectious diseases:

- Exclusion Guidelines,
- Immunizations,
- Daily Health Checks, and
- Cleaning and Sanitizing practices



## Module #1 Post Test

### PREVENTION AND CONTROL OF INFECTIOUS DISEASES



Why are young children so vulnerable to infections/germs?

Name at least 4 ways to prevent the spread of infections/germs.

When does pink-eye (conjunctivitis) require exclusion?

Do you require children in your day care to be immunized? Feel free to comment on your answer

Your Name and Date: