Please view the introductory video before continuing

https://www.loom.com/share/f07c1d5cd3be4455aa3509622eb5152a
Introduction

As childcare providers, we are responsible for ensuring:

- All of our campuses are maintaining a standard of excellence when it comes to a healthy environment
- All of our staff are trained on and familiar with requirements for maintaining a healthy environment

This lesson will provide important information on:

- Common illnesses in childcare facilities
- Signs and symptoms of these illnesses
- How to prevent transmission of diseases
- Proper hand-washing methods
- Cleaning Protocol
- How to provide care for an ill child
Medical Experts? No way!
Informed Childcare providers? YES!

It’s important to remember that we are not medical professionals when it comes to childhood illnesses or diseases. What does this mean?

• Refrain from giving diagnosis!

However, it’s also important for us to be able to identify signs and symptoms of illnesses or diseases so that we can properly provide care for the children in our classrooms as well as to correctly inform parents.

• Report only signs and symptoms
Let’s take a look at:
contagious childhood diseases
and their signs and symptoms

Resources: Managing Infectious Disease in Child Care and Schools
CDC Website
Alabama Department of Health Website
DHR Minimum Standards
Here are the biggest concerns in childcare facilities:

- Chicken Pox
- Common Cold
- Conjunctivitis
- Fifth Disease
- Influenza (flu)
- German Measles
- Hand Foot and Mouth
- Head Lice
- Hepatitis B
- Impetigo
- Measles
- Meningitis
- Mumps
- Pinworms
- Rotavirus (diarrhea)
- RSV
- Salmonella
- Scarlet Fever
- Strep
- Whooping Cough
Chicken Pox

**WHAT IS IT?**

- An airborne illness caused by the varicella-zoster virus

**SIGNS AND SYMPTOMS**

- Skin rash
  - Small, red spots and blistering bumps
- Fever, runny nose, cough
- Uncomfortable

**CONTAGIOUS PERIOD**

- Highly Contagious
  - While rash is spreading
  - A child may be contagious 1-2 days before a rash appears
- No longer contagious when all blisters have scabbed over and no new blisters are forming

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees
Chicken Pox

STOP THE SPREAD

▪ Adhere to vaccination schedule for children 12 months and older
▪ Infected children or caregivers should not return until rash is crusted over
▪ Use good surface sanitation and hand hygiene

RETURN TO SCHOOL

▪ When all blisters have scabbed (usually 6 days after start)
▪ When the child is able to participate in daily activities
**Common Cold**  
(Upper Respiratory Infection)

**WHAT IS IT?**
- Usually a viral infection of upper respiratory system
  - Nose, throat, eyes, ears
- Can usually occur in:
  - Children younger than 4 / 10-12 times a year
  - Children over 4 and Adults / 4 times a year

**SIGNS AND SYMPTOMS**
- Coughing
- Runny nose
- Sneezing
- Sore / scratchy throat
- Watery eyes
- Headache
- Fever
- Earache
Common Cold
(Upper Respiratory Infection)

CONTAGIOUS PERIOD
- Usually a few days before signs and symptoms appear
- While clear, runny secretions are present

STOP THE SPREAD
- Use good hand hygiene
- Clean, sanitize, disinfect that are frequently touched
- Cover a cough and sneeze

RETURN TO SCHOOL
- Able to participate in daily classroom activities

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees.
Conjunctivitis (Pink Eye)

WHAT IS IT?

▪ Inflammation of thin tissue covering the white part of the eye and inside of eyelids

SIGNS AND SYMPTOMS

▪ Bacterial
  ▪ Red/pink, itchy painful eyes
  ▪ Green/yellow discharge
  ▪ May affect one or both eyes

▪ Viral
  ▪ Pink, swollen, watering eyes, sensitive to light
  ▪ May only affect one eye

▪ Allergic
  ▪ Itching, redness, excessive tearing (usually both eyes)
Conjunctivitis (Pink Eye)

CONTAGIOUS PERIOD
- Bacterial – ends when medicine is started or symptoms no longer exist
- Viral – if adenovirus, could be contagious for a few weeks

STOP THE SPREAD
- Use good hand hygiene
- Clean and sanitize

RETURN TO SCHOOL
- Able to participate in daily classroom activities
- Recommendation of health professional

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees.
Diarrhea

WHAT IS IT?

- Can be caused by bacterial or viral infection
- Can also be caused by food intolerances or parasites
- May cause dehydration
  - Make sure child is drinking plenty of water

SIGNS AND SYMPTOMS

- Loose stool
- Frequent BMs
- Abdominal cramping
- Maybe a fever
- Overall not feeling well

STOP THE SPREAD

- Good hand hygiene (especially after diapering/toileting)
- Proper cooking/storage of food
- NOTE: Infected staff may NOT handle or serve food
Diarrhea

**RETURN TO SCHOOL**

- When stool is contained in diaper (even if stool is loose)
- When toilet trained children do not have accidents
- When the child is able to return to normal daily activities
WHAT IS IT?

▪ Can be caused by bacterial or viral infection
▪ Rash occurs 1 – 3 weeks after infection

SIGNS AND SYMPTOMS

▪ Fever
▪ Headache
▪ Sore throat
▪ May have itchiness, cough, diarrhea/vomiting, runny nose (uncommon symptoms)
▪ Red “slapped-cheek” rash followed by a lace-like rash proceeding from trunk to arms, buttocks, and thighs
▪ Some children may not display any symptoms

Fifths Disease
Fifth Disease

CONTAGIOUS PERIOD
- Until rash appears

STOP THE SPREAD
- Use good hand hygiene
- Sanitize contaminated items
- Dispose tissues containing nose/throat secretions

RETURN TO SCHOOL
- Able to participate in daily classroom activities
German Measles

WHAT IS IT?

▪ Respiratory illness that can be caused by bacterial or viral infection
▪ One of the most contagious – spreads very easily through coughing and sneezing
▪ Can be very serious in children under 5 years of age

SIGNS AND SYMPTOMS

▪ High Fever
▪ Cough
▪ Runny Nose
▪ Red, watery eyes
▪ Tiny, white spots inside mouth
▪ Rash
German Measles

CONTAGIOUS PERIOD

- 1-2 days before the first signs or symptoms
  - 4 days before the rash

STOP THE SPREAD

- Required vaccination (MMR)
- Use good hand hygiene
- Sanitize contaminated items
- Dispose tissues containing nose/throat secretions

RETURN TO SCHOOL

- Out of contagious period – 4 days after the rash appears
- Able to participate in daily classroom activities

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees.
Hand Foot and Mouth

WHAT IS IT?

▪ Can be caused by bacterial or viral infection
▪ Most common in summer and fall

SIGNS AND SYMPTOMS

▪ Tiny blisters in mouth and on fingers, palm of hands, buttocks, soles of feet
  ▪ May last a little longer than a week
▪ May show signs of common cold (runny nose, cough, sore throat, fever)
Hand Foot and Mouth

**CONTAGIOUS PERIOD**
- Virus may be shed in stool for a few weeks up to a month after infection starts
- Respiratory shedding lasts usually 1-3 weeks

**STOP THE SPREAD**
- Follow good hand hygiene
- Cover mouths/sneezes
- Be mindful of younger children who are contaminating their own hands

**RETURN TO SCHOOL**
- Child is able to participate in daily activities
- NOTE: Exclusion will not reduce disease transmission

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees
Head Lice

WHAT IS IT?

- Small, tan-colored insects
  - Live on blood drawn from scalp
  - Live for days to weeks depending on temperature and humidity
  - The insects crawl (not jump or fly)
  - Deposit tiny white/gray eggs (nits) on hair shaft

SIGNS AND SYMPTOMS

- Itching of skin where lice feed
- Nits in hair
- Scratching (behind and around ears and at nape of neck)
- Possible open sores/crusting from secondary bacterial infection

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees
Head Lice

CONTAGIOUS PERIOD

- Until lice are no longer present
- Incubation period: 7-12 days from laying to hatching eggs

STOP THE SPREAD

- Prevent direct contact

RETURN TO SCHOOL

- After child has received medicated treatment
Hepatitis B

WHAT IS IT?

- A viral infection that causes inflammation in the liver
- Blood borne illness
- Requires immediate medical attention!

SIGNS AND SYMPTOMS

- Flu-like symptoms (muscle aches, nausea)
- Jaundice
- Loss of appetite
- Joint pains
- Tiredness
- Possibly few or no symptoms may be shown
Hepatitis B

CONTAGIOUS PERIOD

▪ As long as virus is present in blood of infected person
▪ Hepatitis B virus can remain contagious on surfaces for 7 days or more

STOP THE SPREAD

▪ Vaccination (CDC recommended schedule)
▪ Cover open wounds or sores
▪ No sharing of pacifiers
▪ Follow proper procedures when dealing with blood

RETURN TO SCHOOL

▪ An infected individual must not have:
  ▪ Any open or weeping sores
  ▪ A bleeding problem

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees
Impetigo

WHAT IS IT?

▪ Common skin infection caused by strep or staph
▪ Requires immediate medical attention!

SIGNS AND SYMPTOMS

▪ Itchy blisters
  ▪ Can erupt and have honey colored crust
Impetigo

CONTAGIOUS PERIOD
- Until skin sores are treated with antibiotics for at least 24 hours
- OR Crusted lesions are no longer present

STOP THE SPREAD
- Cover lesions
- Practice good hand hygiene
- Clean and sanitize surfaces

RETURN TO SCHOOL
- Antibiotics have been started (oral or topical)
- Lesions must be covered
- Can participate in daily activities

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees
Influenza (flu) (Annual Vaccination)

WHAT IS IT?

- Virus that infects the respiratory system
  - Spreads through coughing and sneezing
- Complications can occur in children under 2:
  - Pneumonia
  - Dehydration
  - Heart disease

SIGNS AND SYMPTOMS

- Sudden fever
- Coughing
- Runny nose
- Sneezing
- Sore throat
- Fatigue
- Headaches
- Chills
- Muscle aches
- Congestion
- Decreased energy
- Abdominal pain
- Nausea and vomiting (these symptoms alone with fever may be caused by other factors)

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees.
Influenza

CONTAGIOUS PERIOD

- Day before signs or symptoms appear until at least 7 days after the onset
  - Virus shedding can be longer in children

STOP THE SPREAD

- Covering coughs and sneezes
- Practice good hand hygiene
- Clean and sanitize surfaces (air droplets travel less than 3 feet)
- Annual immunization (children older than 6 months/teachers)

RETURN TO SCHOOL

- Child can participate in daily activities
Meningitis

WHAT IS IT?

▪ Infectious disease that causes swelling or inflammation of the brain and spinal cord
▪ Caused by bacterial OR viral infection
  ▪ Bacterial infections are rare
  ▪ Viral infections usually occur in summer and early fall

SIGNS AND SYMPTOMS

▪ Fever
▪ Vomiting
▪ Nausea
▪ Headaches
▪ Stiff neck
▪ Loss of appetite
▪ Irritability
▪ Confusion
▪ Photophobia
▪ Confusion
▪ Drowsiness
▪ Seizures

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees
Meningitis

CONTAGIOUS PERIOD

▪ Enterovirus viral meningitis:
  ▪ Feces shedding can continue for several weeks
  ▪ Respiratory shedding usually lasts one week or less
▪ Hib, meningococcus, and S pneumoniae: until after 24 hours of antibiotic

STOP THE SPREAD

▪ Clean and sanitize surfaces
▪ Good hand hygiene
▪ Immunization

RETURN TO SCHOOL

▪ Child is cleared by health professional
▪ Child is able to participate in daily activities
Mumps

WHAT IS IT?

▪ Viral illness with swelling of one or more of the salivary glands
▪ Uncommon in children who are up-to-date with immunizations

SIGNS AND SYMPTOMS

▪ Fever
▪ Headache
▪ Swollen glands
▪ Earache
Mumps

CONTAGIOUS PERIOD

▪ 1-2 days before to 5 days after swelling of glands

STOP THE SPREAD

▪ Clean and sanitize surfaces (droplets travel less than 3 feet)
▪ Good hand hygiene
▪ MMR vaccine (CDC immunization schedule)

RETURN TO SCHOOL

▪ 5 days after onset of swelling
▪ Child is able to participate in daily activities

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees
WHAT IS IT?

- Small, white threadlike worms that live in large intestine

SIGNS AND SYMPTOMS

- Usually no symptoms
- Itching and irritation around anal or vaginal area
Pinworms

CONTAGIOUS PERIOD

- As long as female worms are discharging eggs around the anus

STOP THE SPREAD

- Clean and sanitize surfaces
- Good hand hygiene
- Usually clusters within families

RETURN TO SCHOOL

- Child is able to participate in daily activities

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees
WHAT IS IT?

- A virus that causes common cold and other respiratory signs or symptoms
- Most common in winter and spring

SIGNS AND SYMPTOMS

- Cold like symptom (runny nose, congestion, cough)
- Young infants
  - Irritability, poor feeding, lethargy, cyanosis (turn blue)
- Respiratory problems include:
  - Bronchiolitis, pneumonia, wheezing or asthma attack
RSV

CONTAGIOUS PERIOD

- Virus can be shed for 3-8 days
  - 3-4 weeks in young infants, usually a day or so before signs and symptoms appear

STOP THE SPREAD

- Clean and sanitize surfaces (can live on surfaces for hours)
  - Especially during winter and early spring
- Good hand hygiene (can live on hands for 30 minutes or more)

RETURN TO SCHOOL

- No rapid or labored breathing
- Child is able to participate in daily activities

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees
WHAT IS IT?

▪ Intestinal infection caused by salmonella bacteria

SIGNS AND SYMPTOMS

▪ Fever
▪ Diarrhea
▪ Abdominal cramps and tenderness
▪ Nausea or vomiting
▪ Possible blood or mucus in stool
Salmonella

CONTAGIOUS PERIOD

- Can possess infection up to 12 days after infection

STOP THE SPREAD

- Good hand hygiene
- No reptiles or amphibians in facilities
- Proper sanitation methods for food preparation and serving

RETURN TO SCHOOL

- Cleared by health professional
- Stools are contained / no accidents in older children
- Child is able to participate in daily activities
Scarlet Fever

WHAT IS IT?
- Bacterial infection

SIGNS AND SYMPTOMS
- Fever
- Sore throat
- Rash (with sandpaper feel)
- Bright, red skin in creases
- Swollen glands in neck
CONTAGIOUS PERIOD

- Within 12 hours of exposure to illness
- During acute phase (rash and fever)

STOP THE SPREAD

- Good hand hygiene
- Covering cough and sneezes
- Cleaning and Sanitizing
- Avoid direct contact (drinking from same glass)

RETURN TO SCHOOL

- No rash or fever
- Child is able to participate in daily activities

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees
WHAT IS IT?

- Disease caused by group A streptococcus bacteria

SIGNS AND SYMPTOMS

- Fever
- Sore throat
- Stomachache
- Headache
- Swollen lymph nodes in neck
- Decreased appetite

Less likely to be strep, if:
- Runny nose, cough, congestion
- NOTE: children under 3 may not have sore throat – instead they may have persistent nasal discharge, fever, irritability and loss of appetite
**Strep**

**CONTAGIOUS PERIOD**
- Reduced when on antibiotics

**STOP THE SPREAD**
- Good hand hygiene
- Covering cough and sneezes
- Cleaning and Sanitizing
- Avoid direct contact (drinking from same glass)

**RETURN TO SCHOOL**
- 24 hours after beginning antibiotics
- Child is able to participate in daily activities
Whooping Cough (Pertussis)

WHAT IS IT?
▪ Respiratory disease caused by bacterial infection
▪ Ranges from mild to severe
▪ Most dangerous for babies

SIGNS AND SYMPTOMS
▪ Begins with cold-like symptoms
▪ Early Symptoms
  ▪ Fever
  ▪ Mild, occasional cough
  ▪ Apnea (Pause in breathing) in babies
▪ Later Symptoms
  ▪ Fits of rapid coughs followed by a high pitched “whoop”
  ▪ Vomiting during or after coughing fits
Whooping Cough (Pertussis)

CONTAGIOUS PERIOD
- Beginning of symptoms until 2 weeks after cough begins

STOP THE SPREAD
- Good hand hygiene
- Covering cough and sneezes
- Cleaning and Sanitizing
- Vaccination (CDC immunization schedule)

RETURN TO SCHOOL
- 5 days after beginning antibiotics
- Child is able to participate in daily activities
Sometimes children aren’t able to verbally express what they are feeling. It is important for childcare providers to pay close attention to behavioral signs that may be indicators of a child who is not feeling well.
Behavioral Signs

DECREASED

- Ability to stay alert
- Desire for interaction/play
- Ability to rest (restlessness due to discomfort)

INCREASED

- Desire for comfort/consoling
- Need for rest (fatigue due to illness)
Other symptoms that may indicate onset of illness

DECREASED

- appetite

INCREASED

- urination

PHYSICAL SYMPTOMS

- Dark circles under the eyes
- Difficulty breathing
- Chronic coughing
- Chronic runny nose
- Thirsty (more than usual)
- Paleness or other discoloration of skin
- Appearance of rash
One of the key factors in maintaining a healthy environment and keeping illness and disease at a minimum within a childcare facility is **preventative measures**.

It's vital to the well being of the children (and staff) that childcare providers are familiar with the best methods of transmission prevention.

Here are a few of the top prevention methods:

- Understanding of how transmission occurs
- Proper Hand Washing Techniques
- Immunizations
- Cleaning Techniques
How are illnesses and diseases transmitted?

- Air-borne
- Direct Contact
- Fecal/Oral
- Blood/body fluids
Airborne

Germs travel through the air in the form of droplets. These droplets are formed when a person coughs or sneezes.

ILLNESSES

▪ Respiratory Illnesses (pneumonia, bronchiolitis)
▪ Colds
▪ Flus

TRANSMISSION

▪ The illness can be transmitted when:
  ▪ Someone in the room breathes in the air droplets that are expelled from an infected person (cough or sneeze)
  ▪ Someone in the room touches an infected area (air droplets land on surfaces)
    ▪ HANDS are the most common surface on which infected droplets land! Unless good hand hygiene is followed, hands can actually help transfer germs!
All Ardent employees are responsible for carrying out prevention habits in the building and classrooms to reduce the transmission of airborne illnesses.

There are 3 ways to catch a cough or sneeze:

- **Hands**
  - This is the most common go-to for children. However, this can help spread illness if hand washing isn’t immediately done. If you notice a child coughing, sneezing, or wiping their nose with their hands, they should wash their hands immediately.

- **Disposable tissue**
  - If a child knows that they need to cough or sneeze, they can grab a disposable tissue and cough or sneeze into it. Proper hand hygiene should always follow the use of a disposable tissue.

- **Elbow or shoulder**
  - This is the BEST practice to prevent airborne transmission. Train children to catch a cough or sneeze in their elbow or shoulder. This method keeps the germs away from the hands. If any mucus gets on elbow or shoulder, use a disposable tissue to remove, and then follow with proper hand hygiene.
Direct Contact
Germs are spread through contact with an infected area

ILLNESSES
- Chicken Pox
- Conjunctivitis
- Impetigo
- Lice
- Ringworm

TRANSMISSION
- The illnesses can be transmitted when:
  - Someone comes into direct contact with an infected area of someone else’s body, contaminated hands, or a contaminated surface
  - IMPORTANT!!! Realize that objects in the classroom will BECOME contaminated by germs and will REMAIN contaminated unless proper cleaning procedures are followed.

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees.
All Ardent employees are responsible for maintaining prevention habits in the classroom to reduce the transmission of direct contact illnesses.

- **Routine Cleaning Procedures Conducted**
  - Cleaning, Disinfecting, Sanitizing
    - Floors (Spot mop during day, thoroughly clean at end of day)
    - Tables / Chair Trays (Clean, Sanitize Before and After Use)
    - Countertops (Clean after use, Sanitize at end of day)
    - Chairs (Sanitize at end of day)
    - Potty Training Chairs (Clean, Disinfect after each use)
    - Doorknobs/Cabinet Handles (Clean and Disinfect at the end of each day)
    - Diaper Changing Stations (Clean, Disinfect after each use)
    - Centers (Clean at end of day)
    - Bathroom Surfaces (Clean and Disinfect at end of each day)
    - Cots / Napmats (sent home on Fridays)
    - Toys
      - Hard (Clean after each use, Clean and Sanitize at the end of day)
      - Soft (wash at end of each day)
    - Pacifiers – clean after each use
    - Bedding
      - Crib Sheets – washed every day
      - Napmats – sent home to be washed every Friday
    - Drinking Fountains – (Clean, Disinfect at the end of each day)
    - Sinks (Clean, Disinfect at end of each day)
Fecal / Oral

Germs are spread when microscopic amounts of fecal matter get into the mouth

ILLNESSES

- Gastrointestinal infections

TRANSMISSION

- The illness can be transmitted when:
  - Someone touches a contaminated surface and does not follow proper hand hygiene
    - IMPORTANT! Can be transmitted to multiple people when someone preparing or serving food has touched a contaminated surface and not followed proper hand hygiene before touching food

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees
Best Practices to Prevent Fecal / Oral Transmission

- All Ardent employees are responsible for maintaining prevention habits in the building and classrooms as well as following cleaning procedures and safe diapering and bathroom procedures to reduce the transmission of fecal and oral illnesses.

- Diapering and Toilet Behavior
  - It’s essential that safe and cleaning procedures are followed when changing diapers, toilet training, and supervising independent use of toilets

- Proper Cleaning Procedures Conducted
  - Diaper stations / Countertops
  - Bathrooms (toilets, toilet handles, faucets)
  - Hand washing

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees
Blood / Body Fluids

Germs are spread through contact of contaminated blood or bodily fluids (urine, saliva)

ILLNESSES

- Blood
  - HIV
  - Hepatitis B, C, D
- Body Fluids
  - Viruses

TRANSMISSION

- The illness can be transmitted when:
  - contaminated blood or bodily fluids come into contact with a mucous membrane or a cut that allows germs into the body
Best Practices to Prevent Blood / Body Fluid Transmission

▪ All Ardent employees are responsible for maintaining prevention habits in the building and classrooms as well as following proper procedures for handling blood and bodily fluids in order to reduce the transmission of blood and bodily fluid illnesses.
  ▪ Minimize contact with bodily fluids
    ▪ Wear disposable gloves when cleaning
  ▪ Properly clean, sanitize and disinfect contaminated surfaces
Proper Hand Hygiene

WHAT’S THE BIG DEAL

- According to studies, hands are the primary carrier of infections!
- Proper hand hygiene has a significant impact on the reduction of disease transmission!

CDC HANDWASHING FACT

- Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.
Proper Hand Hygiene

WHEN SHOULD HANDS BE WASHED?

▪ Upon arrival
  ▪ When entering building/classroom
▪ After bathroom / lunch breaks
▪ Any time hands are contaminated with body fluids (if gloves weren’t used…please use gloves!)
▪ Leaving for the day

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees.
Proper Hand Hygiene

WHEN SHOULD HANDS BE WASHED?

▪ Before AND After:
  ▪ Preparing or serving food and drinks
    ▪ We use gloves to serve food but please wash hands before putting on gloves
  ▪ Eating, handling food, feeding a child
  ▪ Giving medication or applying medical ointment or cream

▪ After
  ▪ Diaper checks / changing
  ▪ Using the toilet or after helping a child use the toilet
  ▪ Handling bodily fluid
    ▪ Blood – cuts/scrapes
    ▪ Mucous – sneezing, runny nose,
    ▪ Vomit (use gloves)
  ▪ Handling uncooked food
  ▪ Handling animals or cleaning up animal waste
  ▪ Playing in sand or outdoors
  ▪ Cleaning and handling garbage

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees
Proper Hand Hygiene

HOW TO MAKE HANDWASHING EFFECTIVE

▪ Fingernails short (refrain from artificial nails)
▪ Limit jewelry
▪ Use hand lotion to prevent chapping/dry skin
▪ Use Alcohol Based Hand sanitizer when appropriate:
  ▪ Hand washing is not practical
  ▪ NO visible signs of soil on hands
▪ Teach and supervise children proper hand hygiene

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees
Proper Hand Hygiene

HOW TO WASH HANDS

Staff and children should use the following procedure:

✓ Make sure disposable paper towels are available
✓ Turn on water
✓ Moisten hands and apply soap
✓ Keep hands out of water and rub vigorously until lather forms and continue to rub for 10-20 seconds
  ✓ Rub within fingers, under nails, around jewelry, back of hand
  ✓ Kids can be taught to sing Row-Row-Row Your Boat (2x) or ABC song to time themselves
✓ Rinse hands under water until soap and dirt are gone
✓ Dry hands with clean disposable paper towel
✓ Use disposable paper towel to turn off faucet/open door
✓ Throw disposable paper towel away
Proper Hand Hygiene

HOW TO HELP CHILDREN WASH HANDS

It’s important for staff to provide assistance for children who are not developmentally able to wash their own hands:

✓ If the child cannot stand and a sink is available:
  ✓ Carefully hold/cradle child and follow handwashing procedures

✓ If the child cannot stand and a sink is not available:
  ✓ Use a pre-moistened disposable paper towel and place a drop of liquid soap on the paper towel.
  ✓ Wipe and lather for close to 20 seconds.
  ✓ Use another moistened disposable paper towel until soap and dirt is removed
  ✓ Dry hands with clean disposable paper towel

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees.
Important Note on Pre-Moistened Cleansing Towelettes

Diaper wipes and other cleansing towelettes may spread pathogens from one area to another and are not to be used as substitutions for handwashing.

- They CAN be used to remove visible soil but it is recommended to apply an alcohol based hand sanitizer immediately afterwards
  - This method should only be used when a sink is not available
  - Alcohol based sanitizers are not to be used on children younger than 24 months
Immunizations

WHAT ARE THEY?

- Vaccine: made up of tiny dead or weak germs that cause diseases
- Vaccinations: the act of receiving vaccines (shots)
- Immunization: process of becoming protected from (immune) disease
  - Can also mean process of receiving vaccines (immunization schedule)

WHY ARE THEY IMPORTANT?

- Prepares body to fight diseases faster
- Can protect children from serious illnesses that may have negative developmental affects
Immunizations

DOING OUR PART TO PROTECT

- Requiring parents to submit up to date Certificates of Immunization (as required by the state of Alabama).
  - These are kept in student files and parents are notified when immunization forms are up for renewal.
- Requiring all employees to pass a TB test
- Providing yearly flu vaccines for employees
DOING OUR PART TO PROTECT

- It is also may be the Admin’s responsibility to notify the Health Department when the following have been diagnosed:
  - Emergency Notification (within 4 hours)
    - Smallpox
  - Urgent Notification (within 24 hours)
    - Diptheria
    - Measles
    - Meningococcal disease
    - Pertussis
    - Polio
    - Rubella
    - Tuberculosis
  - Standard Notification (within 5 Days)
    - Hepatitis B, C (other viral)
    - HIV
    - Mumps
Immunizations

RECOMMENDED CDC SCHEDULE

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees.
PROPER CLEANING, SANITIZING, AND DISINFECTING CAN DRASTICALLY REDUCE THE TRANSMISSION OF INFECTIOUS DISEASES

- Ardent Cleaning Checklists
- Sanitizing
- Disinfecting
ARDENT CLEANING CHECKLISTS

- Daily – initial when tasks are completed
  - Infant
  - Toddler / Preschool
- Weekly
  - Cots
- Monthly
  - Classroom
    - Steam clean area rugs
    - Wipe walls/ventilation down with duster
    - Use a calcium/lime buildup cleaner on faucets
    - Wipe out interior of refrigerators (infant rooms)
  - Wipe baseboards
  - Wipe down window sills
  - Wipe down cubbies/bins
  - Storage cabinets
  - Additional floor cleaning
Cleaning Techniques

**CLEANING**

- Removes germs, dirt, impurities from surfaces
  - Does NOT kill (always clean before disinfecting)

**SANITIZING**

- Reduces but does not eliminate germs on inanimate surfaces
- May be used on:
  - Food contact surfaces
  - Toys placed in mouths

**DISINFECTING**

- Destroys or inactivates germs (but not spores) on inanimate surfaces
- May be used on:
  - Hard, non-porous surfaces
    - Diaper changing stations
    - Countertops
    - Door and cabinet handles
  - Toilets and other bathroom surfaces
ELIMINATING A POINT OF CONTENTION

For parents and child care workers, the illness of a child can be a possible point of contention. It’s important to realize that both parties want what is in the best interest for the ill child and health and safety should always be our top priority.

It is important to pay attention to signs and symptoms of children and enforce the Ardent Medical/Sickness Policy.

WHEN IS A CHILD CONSIDERED ILL?

According to Alabama’s Department of Health and Resources Minimum Standards:

“Determinations of illness may be based on: the child's inability to participate in the center's activities; the need for additional care that center staff cannot provide without taking time and attention away from the other children; signs of serious or contagious disease or condition, such as but not limited to food and allergic reactions, fever, diarrhea, vomiting, unexplained rash, scabies, head lice; a physician's diagnosis requiring that the child be separated from other children.”

p.33, Section 6a (1)
Providing Care for an Ill Child

IDENTIFY SYMPTOMS

- Teachers should notify a member of the Admin team when they notice signs or symptoms of an illness
- A Health Report will be filled out within KidReports

COMMUNICATE TO PARENTS

- Depending on the severity of the signs and symptoms, parents should be notified and instructed on the next steps which may include immediate pick up of child.
- Always remind parents of the requirements for returning back to school.
Providing Care for an Ill Child

OPTIONS FOR PARENTS

▪ Parents can choose to:
  ▪ Stay home with their child
  ▪ Find a family member or family friend to stay with child
  ▪ Find a facility that specializes in providing child care for ill children

WHILE WAITING FOR PICK UP

▪ Depending on signs and symptoms, an ill child may have to be removed from the classroom. In that event,
  ▪ Have a designated area for the child to stay.
    ▪ This area should be in direct supervision of an admin member
  ▪ If emergency care is needed, an admin member should call 911

This presentation is property of Ardent Preschool® and Daycare and to be used solely for Ardent Employees
Providing Care for an Ill Child

WHEN CAN AN ILL CHILD RETURN TO SCHOOL

- Returning to school depends on:
  - Illness (communicable diseases vary)
    - May require a physician's note
  - Ability of child to participate in daily classroom activities
Congratulations!

Follow this link to complete the module quiz:

https://www.surveymonkey.com/r/HealthyEnvironmentQuiz