



Factors that Contribute to the Spread of Disease in Child Care Settings

- Young children in diapers—particularly toddlers—who are mobile have no concept of hygiene and constantly place objects in their mouth
- Diaper changing areas without designated hand washing sinks
- Mixing children in diapers with other children
- Large numbers of children together in a single room
- Small room size relative to the number of children cared for in the room
- High child-to-caregiver ratio
- High rate of personnel turnover
- Children and staff handling animals
- Limited bathroom facilities with many children sharing a bathroom
- Staff who circulate among different age groups
- Staff who care for children as well as prepare food
- Failure of staff to observe good hygienic practices, such as washing hands before meals, before and after diaper changes, or cleaning and disinfecting diaper changing tables after each use
- Improper disposal of soiled diapers
- Non-compliance with state and local immunization laws
- Staff and children do not wash hands upon arrival to the center as required
- Failure to follow exclusion guidelines

Universal Precautions

PROCEDURES

I. Gloves

- a. Gloves will be worn when/by:
 1. Anticipating contact with blood or non-intact skin
 2. Handling items or surfaces with soiled blood, stool or urine
 3. Changing the diaper of a child with diarrhea or a known infection that is spread through the stool or urine
 4. Pregnant women or women considering pregnancy who are changing any diaper soiled with urine or stool
- b. Gloves will be changed and hands washed as promptly as possible if tearing or puncture occurs
- c. Gloves will be changed and disposed of after each child is diapered
- d. Gloves will be disposed of in plastic-lined waste containers

II. Hand washing

- a. The single most effective thing you can do to prevent the spread of disease is to correctly wash your hands and the children's hands thoroughly and often
- b. When a blood spill has occurred, wash hands in a sink not used for food preparation
- c. Wash hands:
 1. After gloves are removed
 2. After you handle items soiled with body fluids or wastes such as blood, drool, urine, stool or discharge from nose or eyes
 3. After you clean up surfaces contaminated with blood or other body fluids
 4. After you handle a sick child
- d. A sink shall be equipped with hot water at a minimum of 90 degrees Fahrenheit and a maximum of 120 degrees Fahrenheit

III. Cleaning and decontamination of spills

- a. Clean objects and surfaces contaminated with blood and body fluids immediately
- b. Use disposable paper towels to clean up blood or body fluid spills
- c. Disinfect all hard surfaces using 2 ½ tablespoons of 8.25 percent bleach per gallon of water or 1 tablespoon bleach per quart of water
- d. A weaker bleach sanitizing solution may be used for eating utensils that have been detergent-cleaned and rinsed with clean water (minimum contact time = 1 minute):
1 to 2 teaspoons of 8.25 percent bleach per gallon of cool water. Use bleach formula found on page 14 or EPA-approved product.

IV. ***Bleach solution must be made fresh daily*** because it loses its ability to kill germs with time

V. **Dispose of contaminated tissues and diapers properly**



Hand Washing

BACKGROUND

Hand washing is the single most effective way to prevent the spread of infections. Hands are warm, moist, parts of the body that come in frequent contact with germs that can cause contagious illnesses. Young children have not yet learned healthy personal habits; they suck their thumbs, put things in their mouths and rub their eyes. Many children also like to handle animals, which often carry a variety of germs. These habits can spread disease. Germs are easily spread when hands touch people, animals and objects.

Caregivers must learn why, when and how to correctly wash their hands and the children's hands. Included in this section are instructions on *how* and *when* to wash hands for both staff and children. Babies' hands can be washed with liquid soap and running water using the same procedure that is used for older children.

SOAP

Liquid soap must be used in child care. Soap does not have to be anti-bacterial. It is the physical action of hand washing that removes soil. Liquid soap is harmful if ingested and must be kept out of the reach of children when not in use.

WATER TEMPERATURE

A sink shall be equipped with hot water at a minimum 90 degrees Fahrenheit and a maximum of 120 degrees Fahrenheit.

FINGERNAILS

It is important to keep fingernails short, groomed and clean.

GLOVES

- Gloves are not a substitute for hand washing
- Single-use gloves must be disposed of after each use, and hands must be washed
- Gloves should be worn by staff if they have open cuts, sores or cracked skin, or if the child has open areas on the skin
- Gloves should be worn when changing the diaper of a child with diarrhea or a known infection that is spread through the stool or urine
- Pregnant women or women considering pregnancy should wear gloves when changing any diaper
- Gloves must be worn for handling blood (nosebleeds, cuts) or items, surfaces or clothing soiled with blood or bloody body fluids
- Wear utility gloves when cleaning bathrooms, diapering area or any areas contaminated with stool, vomit or urine



EVERYONE SHOULD WASH HIS/HER HANDS:

- Upon arrival
- After toileting
- After playing outdoors
- After handling or feeding animals
- After coughing, sneezing or wiping noses
- Before eating or drinking
- When visibly soiled

IN ADDITION, ADULTS NEED TO WASH THEIR HANDS:

- Before and after preparing or serving food
- After caring for a sick child
- Before and after diapering a child (child's hands should also be washed)
- After handling or cleaning up any bodily secretions (diarrhea, vomit, mucus, blood)
- After wiping a child's nose, mouth, bottom or sore
- Before giving medication
- After any cleaning activity

Remember, disposable gloves and hand sanitizers should never be used as a substitute for hand washing.

Hand washing posters, diaper changing steps, and hand washing procedures are available by contacting the Health Department at 859.363.2070.



Hand Washing Procedure

The single most effective thing you can do to prevent the spread of disease is to wash your hands correctly.

Hand Washing Procedure

1. **WET** hands with warm water.
2. **RUB** hands together with liquid soap for 20 seconds.
3. **CLEAN** “easy-to-miss” areas (under fingernails and rings, between fingers, back of wrists).
4. **RINSE** hands completely under warm water.
5. **DRY** hands completely with paper towels.
6. **TURN** off faucet with paper towel.
7. **THROW** towel in trash can.

7/03

Job Aid HSS 3.4



Hand washing procedure and diaper changing steps must be posted at all diaper changing stations.

Animals/Wading Pools

ANIMALS IN CHILD CARE SETTINGS

Animals can contribute to the transmission of disease. If the choice is made to include animals in the facility, some general guidelines are important.

- An animal shall not be allowed in the presence of a child in care unless all of the following criteria are met:
 - The animal is under the supervision and control of an adult
 - Written parental or guardian consent has been obtained
 - The animal is certified as vaccinated against rabies if it is applicable to that type of animal
- Some children are allergic to animal dander. Children's allergies should be noted on their admission history
- Keep pet living quarters clean. Dispose of all pet waste immediately. Litter boxes should not be accessible to children
- Reptiles can carry salmonella. Small reptiles that might be handled by children can easily transmit salmonella to them. Iguanas, turtles, snakes and lizards are not appropriate animals for child care centers
- The Centers for Disease Control and Prevention's Healthy Pets, Healthy People recommends keeping live poultry, amphibians and reptiles out of homes and facilities with children younger than 5 years old or people with weakened immune systems
- Children should wash their hands after handling animals or pet items
- Check with the Health Department for regulations and advice regarding animals in the child care setting

VISITING AN ANIMAL EXHIBIT

When visiting animal exhibits outside the child care center, be sure to wash hands often. Children younger than 5 years old, elderly persons and persons with weakened immune systems should use special precautions when around animal exhibits.

Hand washing stations

- Find out where hand washing stations are located
- Always wash your hands right after petting animals or touching the animal enclosure, especially before eating and drinking
- Running water and soap are best. Use hand sanitizers if running water and soap are not available. Be sure to wash your hands with soap and water as soon as a sink is available
- Always wash hands upon exiting animal areas even if you did not touch an animal, after going to the restroom, before eating and drinking, before preparing food and drinks, and after removing soiled clothing or shoes



Food and drinks

- Keep food and drinks out of animal areas
- Food should be prepared, served, and eaten only in areas where animals are not permitted (with the exception of service animals)
- Do not share your food with animals
- Do not eat or drink raw (unpasteurized) dairy products
- Children younger than 5 years old need supervision
- Never allow children to put their hands or objects (e.g.: pacifiers) in their mouth while interacting with animals
- Hand washing should be supervised
- Do not take or use strollers, bottles, pacifiers, spill-proof cups, or toys in animal areas

Source: CDC: Stay Healthy at Animal Exhibits this Fall; retrieved November 2013 from <http://www.cdc.gov/Features/AnimalExhibits/>

WADING POOLS

No swimming pool/wading pool use is allowed at your facility unless it is a permitted and approved pool per state and local health department requirements under Kentucky law (902KAR10:120).

Wading pools are potential hazards for drowning and spread of communicable disease. The use of wading pools in any child care setting is not recommended. Germs can be easily spread by contaminated wading pool water that children may accidentally ingest while playing in the pool. E. Coli 0157:H7 outbreaks have occurred among children playing in wading pools.

Sprinklers, hoses or water tables may be used as alternatives for water play.

Water tables must be emptied, cleaned, rinsed with clean water, and then disinfected daily.

