Some 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-care giver ratio
- High rate of personnel turnover
- Children and staff handling pets
- 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 sanitizing diaper changing tables after each use
- Improper disposal of soiled diapers
- Non-compliance of state and local immunization laws
- Non-compliance of staff and children washing hands upon arrival to the center
- Failure to follow exclusion guidelines
Universal Precautions

PROCEDURES

I. Gloves
   a. Gloves will be worn when:
      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 such 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.

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. Sanitize all hard surfaces using 1/4 cup bleach per gallon of water or 1 tablespoon bleach per quart of water.
   d. For weaker bleach solutions to submerge eating utensils that have been detergent-cleaned and rinsed with clean water (minimum contact time = 1 minute):
      1 tablespoon bleach per 1 gallon of cool water *

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.

* Caring For Our Children – 3rd edition
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 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 and pets, which often carry a variety of germs. These habits can spread disease. Germs are easily spread when hands touch people, pets and things.

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.

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.
- 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.
When Hands Should Be Washed

EVERYONE SHOULD WASH HIS/HER HANDS:

- Upon arrival
- After toileting
- After playing outdoors
- After handling or feeding pets
- After coughing, sneezing or wiping noses
- Before eating or drinking

IN ADDITION, ADULTS ALSO 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.

Hand washing procedure and diaper changing steps must be posted at all diaper changing stations.
PETS IN CHILD CARE SETTINGS

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

- Some children are allergic to animal dander. Children’s allergies should be noted on their admission history.
- Dogs or cats must be appropriately immunized.
- Keep pet living quarters clean. Dispose of all pet waste immediately. Litter boxes should not be accessible to children.
- All reptiles carry salmonella. Small reptiles that might be handled by children can easily transmit salmonella to them. Iguanas, turtles, snakes and lizards are not appropriate pets for child care centers.
- Check with the Health Department for regulations and advice regarding pets in the child care setting.
- Children should wash their hands after handling pets or pet items.

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. Enteric pathogens 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, then sanitized daily.