

DIVISION OF CHILD CARE AND EARLY CHILDHOOD EDUCATION

Training Module 1

Prevention and Control of Infectious Diseases
(including immunizations)

Rev. 8/2016

Prevention and Control of Infectious Diseases (including immunizations)

Wash Hands - Caregivers and Children

Part of your job will be to keep children healthy. A big part of staying healthy is preventing the spread of germs. Hand washing is the very best way to keep everyone healthy—the children and you!

Here are the Arkansas requirements for your center related to hand washing.

1. Individual towels, paper towels or forced air dryers shall be within the reach of children.
2. A liquid soap shall be accessible in the hand washing area and used by caregivers and children.
3. Running water shall be available in all lavatories.
4. Caregiver's and children's hands shall be washed with soap before meals and snacks, after toileting, after each diaper change, and as needed. The use of hand sanitizer shall not be a replacement for soap and running water.
5. A wash cloth or towel shall not be used more than one time before laundering.
6. A hand washing sink shall be available for the staff within the diaper change areas.

You and your children should also wash your hands upon arrival. If you have sand and water play in your classroom, children should also wash hands before and after playing in those areas.

Try it! Go to a sink and try following the hand washing procedure.

Practice this procedure every time you wash your hands until it becomes a habit.

Washing your hands and making sure children wash their hands is the most important thing you can do to prevent the spread of germs.

Clean and Sanitize ALL Surfaces

Part of your job is to keep children healthy. Hand washing is a big step. Another important step is cleaning and sanitizing all surfaces.

Let's think more about those two words. *Cleaning* means removing visible dirt and some germs. *Sanitizing* means reducing the remaining germs to a level that is considered safe. In Arkansas child care centers, you must follow these two requirements:

- You must sanitize tables and high chair trays before children eat.
- You must sanitize the diaper changing area after every use.

Ask your director or supervisor about your center's procedures for sanitizing surfaces. You will need to know how the sanitizer is to be used. You will need to know how to store the sanitizer safely. Here is some general information about sanitizers.

Prevention and Control of Infectious Diseases (including immunizations)

- Your center might use a commercial sanitizer. Carefully follow the directions for using the sanitizer. Keep the sanitizer out of children's reach.
- Your center might use a bleach and water solution to sanitize surfaces. This solution loses its effectiveness over time. Fresh bleach solution must be mixed each day. Do not use bleach solution from a previous day, because it will not be strong enough to kill germs.

How to Clean and Sanitize Surfaces

Remove any trash or other large contaminants.

Spray the surface with a soap and water solution. Wipe the surface dry, using a fresh cloth or clean paper towel for each table, high chair tray, or surface.

Spray tables with bleach and water solution or other EPA approved sanitizer. Let air dry. You can also wipe dry after two minutes, using a fresh cloth or paper towel for each table, high chair tray, or surface.

Do not use sponges or shared rags.

Some items may need to be disinfected. Disinfecting means to destroy or inactivate most germs. You should disinfect diaper changing tables, toilets, sinks, faucets, door handles, and floors. You will use a different bleach-water solution for disinfecting. Use the same procedure for disinfecting that you use for sanitizing.

How to use bleach and water solution safely

Bleach and water solution is poisonous and can be dangerous to children. Keep children safe from accidental poisoning with these simple tips.

- Clean objects and surfaces when children are not around, or place them out of children's reach while they dry.
- Do not allow children to handle bleach-water solution.
- Keep children away from disinfected surfaces until the bleach-water solution dries.
- Store bleach and bleach-water solution in a locked cabinet out of children's reach.
- Be sure to label spray bottles so adults will know what's in them.

In addition to tables and high chair trays you will need to clean and sanitize countertops, shelves, and other equipment. Remember that diaper changing surfaces must be disinfected after each use. Ask your director or supervisor about your center's procedures for cleaning, sanitizing, and disinfecting equipment and toys.

Cleaning and sanitizing all surfaces is an important step in keeping children healthy.

Prevention and Control of Infectious Diseases (including immunizations)

Always Use Safety Straps on Swings, High Chairs, Jumpers, etc.

Children's safety is a big part of your job. To protect children, Arkansas requires you to fasten the safety straps on high chairs, infant swings, and jumpers. Any other seats designed to be used with straps also require the use of the straps. The safety straps must be fastened with every use.

High chairs should have a waist strap and a strap that goes between the legs. When used properly, these straps help keep the child from standing up or from sliding underneath the tray. While in the high chair, children must always be restrained with both straps.

For swings and jumpers, safety straps are used to prevent injuries. Infants have fallen out of equipment or been strangled when safety straps have not been used.

If the safety straps on any seats are broken or missing, immediately report the problem to your director or supervisor.

To keep young children safe, always fasten the safety straps on high chairs, swings, jumpers, and other seats with safety straps.

Child Health

There are several ways that we can protect children's health. We can wash our hands properly, change diapers in a sanitary way, wash bedding, clothing, and toys frequently, and clean the child's environment often. Children will get sick from time to time, but if we work to prevent illnesses, then we can keep the children in our care, and ourselves, healthier.

Immunizations

Children in your center are required to have up-to-date immunizations. Parents must provide documentation of the child's immunization schedule when they enroll. The immunization information must be updated when children receive additional immunizations. Recommended immunizations can be found in the *Arkansas Healthy Children Handbook and The Arkansas Department of Health's webpage*. (see attachments)

Weather and Health

On very hot days, your center may limit the amount of time children spend outdoors. You may also be directed to take children outside during the early morning hours when it is cooler. In hot weather, be sure to provide water and shade, and watch children for signs of heat stress. On very cold days, your center may shorten outdoor play time or substitute indoor gross motor play for outdoor play. Always know your center's weather policy. If you have any questions, talk with your center's administrator.

Prevention and Control of Infectious Diseases (including immunizations)

Responding to Illness

Children do get sick from time to time. Some of the common symptoms of illness that you may see in your children are listed below.

- **Fever** – Children’s body temperatures will naturally change throughout the day. Just as we get warmer after we’ve exercised or been outside, the same happens to children. Children can have a higher temperature after wearing too many clothes, when they become excited, or when they are anxious. When a child has a fever of 101 degrees orally (by taking the temperature with a thermometer from the child’s mouth) or 100 degrees axillary (by taking the temperature under a child’s arm) or 100 degrees temporal (by a thermometer that scans the child’s forehead), the child has a fever and needs to be isolated from other children.
- **Diarrhea** – Young children will have loose stools from time to time as they may occasionally eat something that upsets their system. They may also be taking medication with a side effect that causes loose stools. Diarrhea is defined as having two or more watery or runny stools in a 24 hour time frame. A child with diarrhea needs to be isolated and supervised until a parent can pick up the child. The child may return to the center after he/she has been free of diarrhea for 24 hours.
- **Vomiting** – Children will often gag or spit up, and some children will even vomit when crying, when excited, or from motion sickness. If a child vomits twice within 24 hours, then the child doesn’t need to be around other children. To help keep all of the children and the staff well, the child can return after 24 hours without vomiting.

For information about specific illnesses, go the *Arkansas Healthy Children Handbook*, <http://www.healthyfamiliesnow.net/arkansas-healthy-children-handbook/chapter-11-preventing-communicable-diseases>

2016 Recommended Immunizations for Children from Birth Through 6 Years Old



Age	RV	DTaP	Hib	PCV	IPV
Birth	HepB				
1 month		DTaP	Hib	PCV	IPV
2 months	HepB				
4 months	RV	DTaP	Hib	PCV	IPV
6 months	RV	DTaP	Hib	PCV	IPV
12 months	HepB		Hib	PCV	IPV
15 months		DTaP			
18 months		DTaP			
19-23 months			Hib	PCV	
2-3 years			Hib	PCV	
4-6 years			Hib	PCV	

Is your family growing? To protect your new baby and yourself against whooping cough, get a Tdap vaccine in the third trimester of each pregnancy. Talk to your doctor for more details.

Shaded boxes indicate the vaccine can be given during shown age range.



NOTE: If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES:

- Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
- Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.

Vaccine-Preventable Diseases and the Vaccines that Prevent Them

Disease	Vaccine	Disease spread by	Disease symptoms	Disease complications
Chickenpox	Varicella vaccine protects against chickenpox.	Air, direct contact	Rash, tiredness, headache, fever	Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs)
Diphtheria	DTap* vaccine protects against diphtheria.	Air, direct contact	Sore throat, mild fever, weakness, swollen glands in neck	Swelling of the heart muscle, heart failure, coma, paralysis, death
Hib	Hib vaccine protects against <i>Haemophilus influenzae</i> type b.	Air, direct contact	May be no symptoms unless bacteria enter the blood	Meningitis (infection of the covering around the brain and spinal cord), intellectual disability, epiglottitis (life-threatening infection that can block the windpipe and lead to serious breathing problems), pneumonia (infection in the lungs), death
Hepatitis A	HepA vaccine protects against hepatitis A.	Direct contact, contaminated food or water	May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine	Liver failure, arthralgia (joint pain), kidney, pancreatic, and blood disorders
Hepatitis B	HepB vaccine protects against hepatitis B.	Contact with blood or body fluids	May be no symptoms, fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain	Chronic liver infection, liver failure, liver cancer
Influenza (Flu)	Flu vaccine protects against influenza.	Air, direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs)
Measles	MMR** vaccine protects against measles.	Air, direct contact	Rash, fever, cough, runny nose, pinkeye	Encephalitis (brain swelling), pneumonia (infection in the lungs), death
Mumps	MMR** vaccine protects against mumps.	Air, direct contact	Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain	Meningitis (infection of the covering around the brain and spinal cord), encephalitis (brain swelling), inflammation of testicles or ovaries, deafness
Pertussis	DTap* vaccine protects against pertussis (whooping cough).	Air, direct contact	Severe cough, runny nose, apnea (a pause in breathing in infants)	Pneumonia (infection in the lungs), death
Polio	IPV vaccine protects against polio.	Air, direct contact, through the mouth	May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
Pneumococcal	PCV vaccine protects against pneumococcus.	Air, direct contact	May be no symptoms, pneumonia (infection in the lungs)	Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death
Rotavirus	RV vaccine protects against rotavirus.	Through the mouth	Diarrhea, fever, vomiting	Severe diarrhea, dehydration
Rubella	MMR** vaccine protects against rubella.	Air, direct contact	Children infected with rubella virus sometimes have a rash, fever, swollen lymph nodes	Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects
Tetanus	DTap* vaccine protects against tetanus.	Exposure through cuts in skin	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death

* DTap combines protection against diphtheria, tetanus, and pertussis.

** MMR combines protection against measles, mumps, and rubella.