



# Prevention and Control of Infectious Diseases

*Germs spread person to person, person to object to person, animal to person, and insect to person.*

*Follow your program's policies and procedures.*

## Daily Health Check

- Greet each child, upon arrival.
- Check for any illness or injury to child.
- Conducted by caregiver who is familiar with child.
- Not a medical evaluation.

## Acceptable Immunization Certificates

- Iowa Certificate of Immunization
- Provisional Certificate of Immunization
- Exemption Certificate of Immunization (Medical or Religious)
- **There is a 60 day grace period for children experiencing homelessness.**

## When Do I Wash My Hands?

- Starting and ending work.
- Before and after eating, handling food, and feeding children.
- After toileting/diapering.
- After wiping noses or handling body fluids.
- Before giving medicine or first aid.
- After handling animals.
- After playing in water, sand, or dirt.
- After handling garbage.
- After outdoor play.

## Hand Sanitizer

- Use only as an alternative when soap and running water are NOT available.
- Use when hands are not visibly soiled.
- Use only alcohol-based sanitizers
- Use only with children over 24 months of age with adult supervision.



1. **Select** an Environmental Protection Agency (EPA) registered product.
2. **Read** the label, instructions, and review the ingredients.
3. **Look** for signal words (Caution, Warning, Poison). Use the least toxic product.
4. **Follow** the surface dwell time.

**Handwashing is the single most important and effective way to reduce the spread of infection.**

**Handwashing can reduce the spread of disease by 50 percent!**

### REDUCE THE SPREAD OF GERMS

<b>Clean (remove)</b>	Hands, toys, tables, dishes, floors
<b>Sanitize (reduce)</b>	Food contact surfaces, mouthed toys or objects
<b>Disinfect (destroy)</b>	Door and cabinet handles, drinking fountains, diaper changing surfaces, floors, sinks, toilets and bathroom surfaces

## EXCLUSION CRITERIA

Use the following three major criteria.

The illness prevents the child from participating comfortably in activities.



### Some Illnesses that Do Not Require Exclusion

- Common cold
- Cough
- Runny nose
- Eye discharge not associated with fever, eye pain, or redness (including pink eye)
- Rash without fever or behavior change

The illness results in a need for care greater than you can safely provide.



### Some Conditions which May Require Exclusion

- Younger than 2 months
  - A fever above 100.4°F is an **urgent situation** and requires medical evaluation within **an hour**.
- Older than 2 months
  - A fever above 101°F with behavior change or symptoms of illness:
    - Diarrhea
    - Blood or Mucus in stool
    - Vomiting
    - Abdominal Pain

The illness poses a risk of spreading infectious disease to others.



### Illnesses that Require Exclusions

- Mouth sores with drooling
- Rash with fever
- Impetigo (bacterial skin infection)
- Scabies
- Chicken pox
- Rubella
- Measles
- Hepatitis A
- Mumps

## Procedures for Excluding

- Notify parents or guardians.
- Provide a quiet, supervised area for the ill child.
- Separate the child from other children by at least 3 feet.
- Review child care program policy and guidelines for readmission.
- Document actions in the child's file.

## Checking for a Fever

- Use only a digital thermometer.
- Record the temperature reading and the location taken.  
Example: 100.6°F axillary (armpit)



**Essentials Child Care Preservice Program is a multi-agency collaborative effort and is funded by Iowa Department of Human Services.**

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