

# Kinder House Day Care

## Infectious Disease Procedures and Protocols

The purpose of our Health Policy, Procedure and Protocol is to help reduce illness in our child care facility. Knowledge and understanding the following can lead to a healthy child care setting which protects the health of child care workers, children and their families. It is important to learn:

1. How germs are transmitted (spread to others) and preventing the spread.
2. Procedures to follow to reduce the likelihood of germ spread
  - Hand washing Procedure
  - Diaper Changing Procedure
  - Cleaning Blood and Body Fluids Spills Procedure
  - Handling Needles Safely Procedure

Germs such as viruses, bacteria and parasites, cause communicable diseases (infectious diseases). Communicable diseases can spread from one person to another. Children and new child care providers are often susceptible to **circulating communicable diseases** and are much more likely to become ill in a group setting like a child care center.

### Preventing the Spread of Communicable Diseases

It is important to know how diseases are spread from one person to another. Our Health Policy, Procedure and Protocol was developed to help prevent or decrease their spread.

#### **Intestinal Tract (fecal-oral)**

**How the germs are spread.** The fecal-oral route refers to touching feces (poop) or objects contaminated with feces then touching the mouth. Studies have found that the presence of children in diapers is the most important factor associated with the high rates of diarrhea and other intestinal infections in child care centers. This can happen directly if, for example, children put their fingers or objects contaminated with feces into their mouth. Examples of diseases spread through the fecal-oral route include: Hepatitis A and Hand-Foot-Mouth Disease.

**Prevention.** It is essential for staff/parents to learn to use proper procedures for hand washing, diaper changing, and toileting activities. It is also important for the child to remain at home when he/she has diarrhea, as stated in our policy.

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## **Respiratory System**

**How the germs are spread.** Germs can be found in the nose, throat and saliva, as well as the lungs. Colds and other respiratory infections can be spread by touch, since the germs pass to the hands when the nose or mouth is touched. Coughing, sneezing and wiping a runny nose can lead to the transmission of disease. Direct contact with an infected person's skin or body fluids, through contaminated hands, sink taps, toys and furniture all play a role in spreading infections in child care centers. Examples of diseases spread by the respiratory system include measles and chicken pox.

**Prevention.** Proper hand washing by staff/parents and children is the single most important measure to prevent the spread of respiratory infection. Wash/sanitize hands after wiping a child's nose and prevent children from sucking/mouthing toys. If the child has a severely discolored, runny nose or an uncontrollable cough the child should not attend day care.

## **Person-to-Person**

**How the germs are spread.** When a person has direct contact with another person or items such as towels, hats or bedding, germs can be spread. This can occur when children play together. Examples of diseases spread by direct contact include scabies, ringworm and head lice.

**Prevention.** Each child has his/her own mat and bedding supplies that is rolled up and placed inside individual cubbies. Each child also has individual cubbies to store their personal belongings in. Each child also has individual bathroom cubbies to store toothbrushes, facecloths and towels. It is important to ensure that children receive proper treatment for identified health problems. Children with re-occurring health problems mentioned in this section will be excluded from care until the health issue is resolved (as stated in our Health Policy).

## **Bloodborne Pathogens (Hepatitis B, Hepatitis C and HIV)**

**How the germs are spread.** Bloodborne Pathogens Hepatitis B, Hepatitis C and HIV (Human Immunodeficiency Virus, the virus that leads to AIDS) are spread by contact with the blood, semen or vaginal fluids of a person who is infected with Hepatitis B, Hepatitis C or HIV. It **cannot** be spread through casual contact such as hugging, kissing, shaking hands, coughing, sneezing or using swimming pools or toilet seats.

**Prevention.** If there is a child or staff member at the facility who is living with Hepatitis B, Hepatitis C or HIV it is important to:

- \* Understand how these bloodborne pathogens are spread and know the Risks to other children and center staff from spilled blood.
- \* Follow Routine Practices ,defined in our Procedure for Cleaning Spills of Blood and other Body Fluids, described in our Procedures and Protocols section.
- \* Call Health Link Alberta (780)408-LINK) or your Community Health Nurse if you have any questions about bloodborne pathogens.
- \* Regular cleaning routines are recommended as many germs can survive for a long time on a variety of surfaces.
- \* Blood soiled laundry can be washed in regular laundering cycles.