



# Recommended Practices to Decrease Illness in Child Care

*Prepared by the Health Consultant Team at Child Care Aware® of North Dakota*

These tips will help reduce the spread of germs in your child care program.

## Wash Hands

- Have children and staff wash their hands
  - Upon arrival to child care and whenever they re-enter their classroom, enter another classroom, or work with/join a different group of children
  - Before/after eating or preparing/serving food (including bottle prep)
  - After using a tissue
  - After diapering/toileting
  - After handling mouthed toys, before/after sensory play, when visibly soiled.
- Wash hands for 20 seconds. Make bubbles covering all surfaces of the hands out of the water stream. Rinse, dry hands, then use paper towel as a barrier to shut off water.
- Adults should supervise and/or assist children whenever possible to ensure they are washing properly.
- Washing hands at a sink is best, but hand sanitizer can be used if a sink is not available.
  - If used, make sure it contains at least 60% alcohol to be effective.
  - Keep out of the reach of children. It is not recommended to be used on children under 2 years old.
  - Provide close supervision to ensure children rub their hands until they are dry so they do not rub hand sanitizer into their eyes or put into their mouth.

## Disinfect and Use Paper Towels

- Disinfect sinks, including faucets and handles, before meals and often throughout the day. If sinks are used by different classrooms/groups of children, disinfect between classrooms/groups.
- Use paper towels instead of cloth towels.
- Disinfect diaper pad after each use.
- Disinfect toilets daily, sooner if soiled.

## Wash and Sanitize Toys and Surfaces

- Pick up toys after they are mouthed and place out of reach of children until they can be sanitized.
- Sanitize food contact surfaces (tables, highchairs, countertops) before and after each meal/snack and between groups of children if space is shared.
- Wash toys and surfaces with soap and water before sanitizing.
- Clean non-mouthed toys and frequently touched surfaces/items.

## Reduce Person to Person Transmission

- Space children as far apart as possible for sleeping. Alternate children head to foot.
- Open windows periodically and take children outside to provide fresh air.
- Teach and remind children and staff to cough or sneeze into their elbow.
- Remind everyone to avoid touching their eyes, nose and mouth.

### Product & Usage Guidelines for Sanitizing & Disinfection

- Follow the directions on the label for any disinfectant and sanitizer being used. While it is important to kill germs, it is also important to prevent children from having exposure to chemicals. Do not spray chemicals around children and make sure all surfaces/items are dry before children use them. Keep all chemicals out of the reach of children.
- If using bleach, it should be discarded and replaced after six months of opening to ensure it is effective.