

Disease Control for Child Care Centers

Disease control facts

Diseases are spread through infected blood, feces, vomit, saliva, or nasal secretions. To control disease, it is important to treat all body fluids as if they are able to spread disease to anyone. People may spread disease without showing symptoms or knowing they are ill. High-risk activities for the spread of disease include: bathroom cleaning/use, diapering, food preparation, and first aid. Ill caregivers must report symptoms immediately to their supervisor.



Disease control methods

Wash hands

- Wash hands for at least 20 seconds using soap and warm running water. Dry hands with a clean paper towel and use the towel to turn off the faucet.
- Wash hands before handling food and after using the bathroom, changing diapers, handling raw meat, cleaning activities, and contact with pets.
- Wear gloves when cleaning body fluids. After cleaning, remove and discard the gloves then thoroughly wash hands.

Sanitize often

- Sanitize toys after they are mouthed or visibly soiled; otherwise, sanitize toys and sleeping mats at least weekly. Sanitize tables and food contact surfaces after each use. Sanitize with approximately one tablespoon bleach per one gallon of water (50-200 ppm chlorine).
- Disinfect diaper-changing tables after each use with $\frac{1}{4}$ cup of bleach in 1 gallon of water.
- Stuffed toys can be laundered and dried in a hot dryer weekly.

Get Immunizations

- Adults should be immunized against hepatitis A, hepatitis B, chickenpox, and other childhood illnesses.
- Children should follow the recommended childhood immunization schedule.



Eleven offices along the front range serving the residents of Adams, Arapahoe and Douglas Counties
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Watch for sick children

- Monitor children for severe coughs, fever, difficulty breathing, yellowish skin or eyes, pink eye, infected skin patches, rashes, diarrhea, gray or white stools, tea-colored urine, headaches, vomiting, loss of appetite, sore throat, difficulty swallowing and any other unusual symptoms.
- Separate sick children from healthy children to avoid spreading illnesses and report illnesses to your local health department and/or contract nurse.

Common Childcare Facility Illnesses

ILLNESS	SOURCE	SYMPTOMS	PREVENTION
Shigella	**Fecal -oral transmission; person to person transmission, contaminated food and water	Begins 24-48 hours. Diarrhea (may be bloody/mucus) abdominal cramps and fever	Thoroughly wash hands when needed, especially after diaper changing, before cooking food and after using the restroom. Cook foods to the proper temperatures.
Hepatitis A	Fecal-oral transmission; person to person transmission, contaminated food and water	Begins 2-6 weeks. Diarrhea (stools are often pale or white colored), abdominal cramps, fever, nausea, vomiting, tea-colored urine, and jaundice.	Thoroughly wash hands and cook foods to the proper temperatures. (see above).
<i>E. coli</i> O157.H7	Fecal-oral transmission; person to person transmission, contaminated water and food, i.e., undercooked ground beef, unwashed produce	Begins in 2-8 days. Diarrhea (often bloody), abdominal cramps, nausea and vomiting.	Thoroughly wash hands and cook foods to the proper temperatures (see above). Also, thoroughly wash produce prior to consumption.
Giardia	Fecal-oral transmission; person to person transmission, contaminated food and water, especially untreated surface water, animal droppings	Begins 7-10 days. Diarrhea (sometimes chronic and/or greasy stools), abdominal pain, weight loss, and gas.	Thoroughly wash hands and cook foods to the proper temperatures (see above). Also, do not drink untreated water.
Norovirus	Fecal-oral transmission; person to person transmission, contaminated food and water, possibly airborne	Begins 24-48 hours. Diarrhea, abdominal cramps, fever, and vomiting.	Thoroughly wash hands and cook foods to the proper temperatures (see above).

**Fecal-oral transmission: Transmission of an organism from an infected person's stool (bowel movement) into another person's mouth. This usually occurs when the infected person fails to wash their hands after having a bowel movement and then handles things (such as food or toys) that other people then put in their mouths. (Caring for Our Children – National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care 2nd Edition)



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