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.

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

**REDUCE THE SPREAD OF GERMS**

| Clean (remove) | Hands, toys, tables, dishes, floors |
| Sanitize (reduce) | Food contact surfaces, mouthed toys or objects |
| Disinfect (destroy) | 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.**

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

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

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**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

**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 100.4°F with behavior change or symptoms of illness:
  - Diarrhea
  - Blood or Mucus in stool
  - Vomiting
  - Abdominal Pain

**Illnesses that Require Exclusions**

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

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**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)