

Section C: Preventing and Responding to Illness

Preventing Illness in Child Care Settings: C 3-12

Encourage Children and Staff to Wash Their Hands (C 5)

- (Add) Premoistened cleansing towelettes are NOT a substitute for washing hands with soap and running water. They may be used only when running water is not available, such as during field trips, until hands can be washed.
- (Add) Besides reducing illness, hand washing also has great economic benefits. Illnesses that can be prevented by proper hand washing have been shown to cause billions of dollars in lost revenue, productivity and medical costs yearly in the United States.

(Add) Provider Checklist: Field Trips - Below is a list of things you might find helpful to have with you on field trips to keep kids safe and healthy:

- A few gallon jugs of water for hand washing (if no running water is available)
- Liquid soap
- Hand Wipes
- Paper Towels
- Tissues
- Alcohol hand sanitizer
- First Aid Kit
- Sunscreen
- Disposable gloves
- Cell phone
- Pen and small notepad (for taking down emergency notes or instructions)
- Parent permission forms authorizing medical treatment

Clarify When Child Care Providers Should Wash Their Hands (C6)

(Add to first bullets)

- When arriving to work or returning after breaks
- The Oregon Administrative Rules state that child care providers who handle food need to double hand wash (wet hands, soap, scrub, rinse, soap, scrub, rinse, dry with paper towels) when in contact with body fluids.

Updated Information on Cleaning Soiled Floors (C 12)

- (Replace) If a hard-surfaced floor is soiled with blood, vomit, stool, etc., wear gloves to blot up as much as possible. Then mop or wipe the area with a germicidal detergent or bleach solution (**2 cups of bleach per 1**

- gallon of water -or- ½ cup of bleach to 1 quart of water)** Check to make sure it is safe for the floor. **After 10 minutes rinse** the area with clean water and dry.
- If a rug is soiled, blot up visible material with disposable paper towels. Spot clean the area with germicidal detergent, applying and removing until visible soil is gone. Shampooing or steam cleaning may be necessary. Then apply a sanitizing solution according to the manufacturer's instructions and dry.
 - For cleaning you may use (and reuse) utility or dish washing-type gloves, BUT use disposable gloves if there is blood or bloody body fluid in the spill. Reusable gloves should be cleaned and rinsed and then rinsed with fresh sanitizing solution.
 - Mop heads, buckets, and dustpans should be soaked in detergent and rinsed with water, rinsed with fresh sanitizing solution, wrung out and air-dried.

Child Illnesses and What To Do: C 13-57

Updated Information on Earaches and Ear Infections/Otitis Media (C 19)

- Recommendations about the use of antibiotics for ear infections/otitis media have changed in recent years. Because of increasing concerns about antibiotic resistance and the fact that most ear infections will get better on their own (without antibiotics), fewer health care providers are now prescribing antibiotics for routine cases of otitis media. A health care provider will decide when and if antibiotics are needed. Pain medications may help with discomfort. (See resources section and pocket materials for more information.)

Additional Information on Mercury Thermometers (C 25)

- Mercury thermometers should no longer be used and should be disposed as hazardous waste. Information about Hazardous Waste Disposal Sites can be found in Section D: Resources and Programs for Preventing and Responding to Injuries: Poison Prevention (D 49)

Clarify Information on Runny Noses (C 28)

- The color of nasal discharge is not a good indicator of the cause of runny nose. If there is smelly discharge coming from one nostril, regardless of the color, the possibility of an object in the nose is high and an indication for referral to the health care provider for evaluation.

Additional Information about Severe Allergic Reactions (C 46)

- (Add) Some children (and adults) may have life-threatening allergic reactions to foods (e.g., peanuts, shellfish), medications, bee or other insect stings, latex particles, or other allergens. Individuals (including children) with a history of severe allergic reaction should have access to emergency medication (epinephrine) at all times. Though uncommon, it is important to remember that individuals without a history of severe reaction may develop such a reaction at any time. In Oregon, any adult older than 21 years of age (including child care providers) can be trained and certified to recognize the signs and symptoms of severe allergic reaction and to administer emergency medication. Contact your local health department or the Office of Family Health at the Oregon Dept. of Human Services (971) 673-0259) for more information about training in your community.

Immunizations: C 58-64

Additional Information about Vaccine Preventable Illnesses (C 60)

- **Influenza (Flu):** Influenza is a respiratory illness that is usually spread from person to person through coughs and sneezes. Symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches. Nausea, vomiting and diarrhea also can occur and are much more common among children than adults. In rare cases, complications from flu can lead to death. Vaccination against flu each fall is the primary way to prevent this disease. Because young children are at increased risk of being ill enough to result in hospitalization from the flu, health authorities recommend annual flu vaccine for all children between the ages of 6 months and 5 years. Child care providers are at high risk for contracting the flu from the children they care for and passing it on to others. It is important for the adults who care for children to be immunized against flu, also.

*Preventing the Spread of Influenza (the Flu) in Child Care Settings: Guidance for Administrators, Care Providers, and Other Staff, February 25, 2004 and Protecting Against Influenza (Flu): Advice for Caregivers of Children Less Than 5 Years Old, August 17, 2005 www.cdc.gov/flu

- **Rotavirus:** Rotavirus is a viral infection that is spread through fecal and oral routes on contaminated hands and/or objects. In infants and young children, it can cause severe diarrhea, vomiting, fever and dehydration. The most severe cases occur in children six to 24 months of age. By the age of five years, 95% of all children in the U.S. are infected with rotavirus, resulting in 20 to 60 deaths each year. The disease can be prevented by

routine hand washing and by immunization. Vaccine is available for children under 32 weeks of age.+

Resources and Programs for Preventing and Responding to Illness C65 – C70

County Health Department Contact Information: C 65-67

Add Missing County Information (A 66)

- (Add) Lane County Health and Human Services, Public Health Services, 135 E 6th Ave, Eugene, OR 97401 (541) 682-4013
- (Replace) Multnomah County Environmental Health
3653 SE 34th Avenue
Portland, OR 97202
Tel (503) 988-3400

Child Illnesses and What to Do: C68-69

Additional Resources (C68)

- (Add) Centers For Disease Control and Prevention (CDC) website <http://www.cdc.gov> Contact the CDC for information on health, safety and environmental health, and communicable disease information, as well as to learn about emerging diseases (e.g., West Nile virus, SARS, etc.).
- (Add) Oregon AWARE (the Alliance Working for Antibiotic Resistance Education) website and contact information:
<http://www.dhs.state.or.us/publichealth/antibiotics/aware> 971-673-1111
- (Add) Web resources for hand washing
 - www.cdc.gov/ncidod/op/handwashing.htm
 - www.dobugsneeddrugs.org/daycares/
- (Add) Oregon Immunization Bulletin, Public Health, April 2006 and www.cdc.gov
- (Add) Thermy Campaign – Food Safety Education
http://www.fsis.usda.gov/Food_Safety_Education/Thermy/index.asp
- (Add) Food Safety and Inspection Service Publications

http://www.fsis.usda.gov/Fact_Sheets/index.asp

Pocket Materials

- Warning: Unnecessary Antibiotics Can Be Harmful
- Antibiotics Are Not Always the Answer
- La Penicilina No Sirve Para Todo
- The appropriate Use of Antibiotics
- Question and Answer Sheets on Runny Nose, Ear Infections, and Colds
- Free Materials Order Form
- Recommended Childhood and Adolescent Immunization Schedule United States – January – June 2004
- How to Handwash Poster