

Fact Sheet: Steps to Minimize the Spread of Disease

Steps to Minimize the Spread of Disease

1. Children and adults should wash their hands frequently with warm water and soap for at least 20 seconds. Use single service paper towels or an air dryer to dry hands. Use paper towels to turn off faucets, when possible.
2. Adults and children **MUST** wash their hands after toileting, before preparing food, and after contact with blood or body fluids (blood, urine, feces, vomit, and saliva).
3. Tissues should be available throughout the home, school or daycare center. Teach children to use a tissue to wipe their nose and then dispose of it properly in the trash. Staff should assist the younger children to wipe nasal drainage—a new tissue should be used with each child. Both staff and children should wash their hands after blowing their nose.
4. Teach children and adults to cough or sneeze into tissue or elbow and not onto food, food service articles, or other individuals.
5. Wash and sanitize all articles that go or may go into someone's mouth, and surfaces/objects that have been contaminated by blood or body fluids. This includes food service articles, utensils, toys, diaper change tables, toilets and potty chairs (see sanitizing procedures on the second page).
6. Assign each individual their own separate sleeping area or cot with individual bedding as well as clothing storage container or space. Wash bedding frequently and have extra clean clothes on hand for changes. Store soiled clothes or bedding in a container which is non-absorbent and can be washed, rinsed and sanitized.
7. A contributing factor in the spread of diarrheal disease is the lack of thorough hand washing before preparing food and after toileting. If possible, staff that prepare food should not assist with toileting. Everyone **MUST** wash their hands before preparing food, before eating, and after toileting.
8. Keep surfaces clean (with a 1:10 bleach solution, changed daily), uncluttered and dry. Some disease-causing microorganisms multiply in warm, dark, damp and dirty environments, so it is important to clean, sanitize and keep surfaces dry whenever possible.
9. Complete and accurate immunization records are required. Being immunized helps protect adults and children from vaccine preventable diseases.

Acting Promptly

Prompt action may prevent a serious outbreak of communicable disease. All providers and day care staff should have a plan for handling illnesses. The following are recommendations for handling infectious diseases:

1. **Communicate** with parents to try to exclude any child suspected of having a infectious disease.
2. **Report** to parents what illnesses their child may have been exposed to. If you have any questions or concerns about the disease, when to exclude, and/or when to let a child back into day care, call your local health department.
3. **Readmission** by the advice of the child's doctor and/or after consultation with the local health department.
4. **Observe** children for early signs and symptoms of illness. Observations should be promptly communicated to the parent so that medical advice and diagnosis can be sought.
5. **Sanitation** procedures must be strictly followed by staff and children.

Sanitizing Procedures

Anything that can go into someone's mouth (i.e., food service utensils, toys and play equipment) needs to be sanitized daily.

1. Wash vigorously with warm water and detergent.
2. Rinse with clean water.
3. Submerge, wipe or spray with a solution of one part bleach and 10 parts water. This solution needs to be made up fresh daily.
4. Sun or air dry.
5. Utensils and other food service articles can either be submerged in 170 degree water for one minute or placed in the bleach solution.
6. Any commercially manufactured product listed as antibacterial or hospital strength can be used on appropriate surfaces.

Procedure for Cleaning Diaper Changing Surfaces

These procedures should be followed after each use of the diaper change tables, toilets and potty chairs.

1. Surface should have a plastic covered pad with no cracks or tears.
2. Use a disposable material on the changing table surface. Remove and discard after each use.
3. Clean the surface every time a diaper leaks on it. Scrub with detergent and water; rinse with clean water; and then apply sanitizing or disinfecting agent (1:10 bleach solution).
4. Caregivers **MUST** wash their hands immediately after changing diapers or toileting older children.

Effective Handwashing Techniques

1. Use warm running water and soap.
2. Rub hands together for at least 20 seconds paying particular attention to under the fingernails and between fingers.
3. Rise hands with warm running water.
4. Dry hands with paper towel, turn faucets off with paper towel, and then discard into the proper receptacle.
5. If water is not available, antibacterial lotions or gels may be used. If hands are heavily soiled with body fluids use a paper towel to wipe hands first, before using an antibacterial lotion or gel. These methods should be considered as an alternative only if water and soap are available.

This fact sheet is for information only and is not meant to be used for self -diagnosis or as a substitute for consultation with a health care provider. For more information call your health care provider or call Washtenaw County Public Health at 734-544-6700.



Visit our website at: <http://publichealth.eWashtenaw.org>
Or the Centers for Disease Control & Prevention at: www.cdc.gov
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revised 2/08