

# Infection Prevention *and You*

## Preventing infections in child care facilities

Because their immune systems are less developed, children younger than five are more susceptible to infections. Learn how to stop the spread of germs in child care facilities and keep everyone healthy.



**Clean your hands often. Keeping your hands clean is the number one way to prevent the spread of infection. Clean your hands:**

- Before and after eating, feeding a child, or preparing food
- After using the bathroom or helping a child use the bathroom
- Before and after diapering a child
- Before and after giving medication or treating sores, cuts, or scrapes
- After sneezing, blowing your nose, coughing, or handling other bodily fluids such as blood or vomit
- Before and after playing in water that is used by more than one person



**Stay up-to-date on vaccines and stay home if you are sick.**

This applies to children, parents, and child care workers.



**Make sure surfaces are cleaned regularly.**

There should be a schedule for when each item is cleaned with an EPA registered disinfectant or a bleach solution, including diaper changing areas and toilets, toys, bottles, and sleeping areas.



**Follow food safety guidelines to prevent food-borne illnesses.**



**Make sure the center follows best practices**

regarding the health and safety of child care, such as those published by *Caring for Our Children*.



**For more information:**

[www.apic.org/InfectionPreventionAndYou](http://www.apic.org/InfectionPreventionAndYou)

### Resources

Centers for Disease Control and Prevention. Flu information for schools and child care providers. <http://www.cdc.gov/flu/school/>.

National Resource Center for Health and Safety in Child Care and Early Education. *Caring for our Children: National Health and Safety Performance Standards: Guidelines for Early Care and Education Programs*, Third Edition. <http://clic.nrcldi.org/>

North Carolina Division of Child Development and Early Education. [http://hcdhhs.nc.gov/parents/pr\\_sn2\\_checklist.asp](http://hcdhhs.nc.gov/parents/pr_sn2_checklist.asp)

United States Department of Agriculture, Food Safety and Inspection Service. A guide for safe food handling and sanitation for child care providers. <http://www.fsis.usda.gov/sites/default/files/appendj.pdf>

University of California San Francisco. California Childcare Health Program. <http://cchpu.csf.edu/>



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Association for Professionals in  
Infection Control and Epidemiology