

## **COMMUNICABLE DISEASE: HANDWASHING AND CLEANING PROCEDURE**

### **1302.47 Safety practices.**

(b) A program must develop and implement a system of management, including ongoing training, oversight, correction and continuous improvement in accordance with §1302.102, that includes policies and practices to ensure all facilities, equipment and materials, background checks, safety training, safety and hygiene practices and administrative safety procedures are adequate to ensure child safety. This system must ensure:

(6) *Hygiene practices.* All staff systematically and routinely implement hygiene practices that at a minimum ensure:

(i) Appropriate toileting, hand washing, and diapering procedures are followed;

(ii) Safe food preparation; and,

(iii) Exposure to blood and body fluids are handled consistent with standards of the Occupational Safety Health Administration.

(7) *Administrative safety procedures.* Programs establish, follow, and practice, as appropriate, procedures for, at a minimum:

(iii) Protection from contagious disease, including appropriate inclusion and exclusion policies for when a child is ill, and from an infectious disease outbreak, including appropriate notifications of any reportable illness;

### **Communicable Disease Prevention: Hand Washing**

1. Appropriate and thorough hand washing is the most important factor for reduction of transmission of disease. Hand washing will be taught and utilized as the primary method of infection control.
2. In keeping with the aim of Head Start/Early Head Start/ECEAP to maintain a healthy environment at all times, adults and children will wash their hands at the following times:

#### Adults

- upon arrival for the day;
- before and after preparing, serving or eating food;
- before feeding a child;
- before and after toileting a child and before, \*during and after diaper changing;
- after attending to an ill child;
- after handling body fluids/blood;
- after bandaging a wound;
- after wiping noses, mouths, and sores;
- after handling pets or other animals;

- before and after giving medicine;
- after being outdoors or involved in outdoor play.  
\* A wet wipe may be used during diaper changing.

### Children

- upon arrival for the day;
  - before and after meals or cooking activities;
  - after toileting or being diapered;
  - after coming into contact with body fluids/blood;
  - after outdoor play;
  - after handling pets or other animals.
3. How Hand Washing is Done:  
Soap, warm water and individual towels are available for staff and children.
- Turn on water and adjust temperature.
  - Wet hands and apply a liberal amount of soap.
  - Rub hands in a wringing motion from wrists to fingertips, including in between fingers for a period of not less than 20 seconds.
  - Rinse thoroughly.
  - Dry hands, using an individual towel.
  - Use hand drying towel to turn off water faucet(s).

### **Communicable Disease Prevention: Cleaning**

To reduce the risk of disease transmission, the following surfaces are **cleaned** and **sanitized** on a regular schedule:

- Tables and counters used for food serving and high chairs before and after each meal/snack;
- Sinks, counters, and floors daily or more often if necessary;
- Refrigerators monthly or more often as needed;
- Bathroom sinks, toilets, counters and floors daily or more often if needed;
- Potty chairs after each use;
- Floors swept, cleaned and sanitized daily;
- Carpet vacuumed at least daily and shampooed as needed but at least every six months;
- Toys that children place in their mouth between use by different children;
- Infant and toddler toys daily or more often as needed;
- Sleeping mats, cribs and other bedding between use by different children and at least weekly.

1. Toys are washed in soap and water and dipped in a disinfectant (bleach) solution for a minimum of 2 minutes and allowed to air dry. Toys which cannot be easily dipped are sprayed with a disinfectant (bleach) solution. The solution is allowed to stay on the item for 2 full minutes and air dried.
2. Washable items i.e. cloth toys, bedding, clothing are machine washed at a water temperature of 150° F or bleach is used and are machine dried.
3. Toilet training equipment is kept and used in or adjacent to a toilet room and only on a moisture-impervious floor covering.
4. We avoid using powders or chemical cleaners, including insecticide sprays for head lice, which leave residues that can be harmful to children with allergies, asthma, etc. We prefer not to use cleaning agents with *Phenol* or *Quaternary Ammonium* compounds. These agents require extra time to rinse off and remove any harmful residues from surfaces.
5. For general purpose (dishes, toys etc.) sanitizing and disinfecting, we choose to use a bleach solution. We make bleach-water solution daily, using the classroom posted Washington State Department of Health “Disinfecting and Sanitizing with Bleach Guidelines for Mixing Bleach Solutions for Child Care and Similar Environments.”” The solution is mixed according to the bleach strength being used. Each bottle is labeled with contents and the date it was mixed.
6. For sanitizing diapering and toileting areas, we choose to use a bleach solution. We make bleach-water sanitizing solution daily, using the Washington State Department of Health “Disinfecting and Sanitizing with Bleach Guidelines for Mixing Bleach Solutions for Child Care and Similar Environments.” The sanitizing solution is mixed according to the bleach strength being used. Each bottle is labeled with contents and the date it was mixed.
7. Toothbrushes are sanitized by placing each individually under hot, running water and then are air dried. Each child’s toothbrush is stored in a manner to prevent contamination.