

Session 1	<h1>Participant Guide</h1> <h2>Health and Safety In-Service I - Child Care Centers</h2>
2016 Sharon Bergen	<h3>2 hours</h3>

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### Overview

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#### Knowledge and Competency Framework (KCF) Content Area, MN Core Competency Content Area, CDA Content Areas, Parent Aware Training Indicators

The Primary Knowledge and Competency Content Areas, the MN Core Competencies Content Area, the CDA Content Areas, and (as appropriate) Parent Aware Training Indicators are listed here to help participants understand what competencies, content areas and/or indicators are addressed in the training.

KCF Content Area: VII: Health, Safety and Nutrition

MN Core Competency: VI: Health, Safety and Nutrition

CDA Content Area: Planning a safe and healthy learning environment

Parent Aware Training Indicator: None

#### Learning Objectives

While no training alone can ensure learning objectives, they can be designed to meet certain goals for each learner. If learners are engaged and participatory they will learn to:

- List four practices that minimize the spread of infectious disease or other illness among children
- Identify two practices that can minimize the risk of children’s exposure to allergens
- Describe protocols for safe medication administration



**Session Outline and Notes – Use the blank space in this section to note ideas for your own later research or action planning!**

## A. Introduction

- Introduce objectives
- Licensing requirements vs best practice
- Caring for Our Children standards
- Introduce presenter
  
- Introduce topic (prior knowledge):
  - What kinds of illness are 'infectious'?
  - Why is it so important to minimize the spread of these illnesses?
  - What are some things you currently do to minimize the spread of infectious disease?

## B. Minimizing the Spread of Infectious Disease

- Handwashing
  - Frequent  
When is hand washing required? When is it recommended?
  - Thorough  
What is 'thorough' hand washing?
  - Diaper changing
- Cleaning, Sanitizing, and Disinfecting
  - Definitions and examples
  - Schedule for tasks
- Daily Health Check
  - Signs and symptoms of common illnesses
  - Reportable illnesses
- Exclusion of Ill Children
  - When is exclusion required
  - Exclusion procedures
- Universal precautions
  - What illnesses might be 'blood borne'
  - What does it mean to take 'universal' precautions
  - Supporting use of universal precautions
- Immunizations (including Flu Shots)
  - Immunization schedules
  - Encouraging immunizations

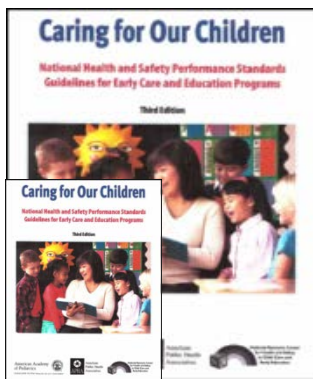
## C. Preventing Food Borne Illnesses and Minimizing Exposure to Allergens

- Illnesses that can food borne
  - Prevention strategies
- Allergies and Allergic Reactions
- Potential allergens in the environment
  - Minimizing the exposure to allergens
  - Signs of an allergic reaction and responding to allergic reactions

## D. Medication Administration

- The responsibility of medication administration
- Two categories of medication: Prescription and OTC
- Permissions and documentation
- The 5 'Rights' or Medication

## F. Closing and final review of course objectives



- Check in on objectives
- Individual reflection and next steps
- Session evaluation (if used)

## Introduction

Important resources: These two resources form the basis of much of this session’s content.

**Caring for Our Children: National Health and Safety Performance Standards Guidelines for Early Care and Education Programs, 3rd Edition:** <http://cfoc.nrckids.org/>

**Rule 3:** Minnesota Rules, parts 9503.0005 to 9503.0170 – Licensure of Child Care Centers

## Minimizing the Spread of Infectious Disease and Other Illnesses

Handwashing

**WHEN (FREQUENCY)**

**HOW (THOROUGH)**



Available at

<http://www.health.state.mn.us/handhygiene/wash/dontforget.html>

## Cleaning, Sanitizing, and Disinfecting

Definitions	
<b>Cleaning<sup>i</sup></b>	Physically removing all dirt and contamination, oftentimes using soap and water. The friction of cleaning removes most germs and exposes any remaining germs to the effects of a sanitizer or disinfectant used later.
<b>Sanitizing<sup>ii</sup></b>	Reducing germs on inanimate surfaces to levels considered safe by public health codes or regulations. <b>Sanitizing may be appropriate for food service tables, high chairs, toys, and pacifiers.</b>
<b>Disinfecting</b>	Destroying or inactivating most germs on any inanimate object, but not bacterial spores. <b>Disinfecting may be appropriate for diaper tables, door and cabinet handles, toilets, and other bathroom surfaces.</b>
<b>Germs</b>	Microscopic living things (such as bacteria, viruses, parasites and fungi) that causes disease.

Definitions adapted from American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. 2011. *Caring for Our Children: National health and safety performance standards; Guidelines for early care and education programs*. 3rd edition. Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association. See <http://cfoc.nrckids.org/WebFiles/AppendicesUpload/AppendixJ.pdf> for additional details.

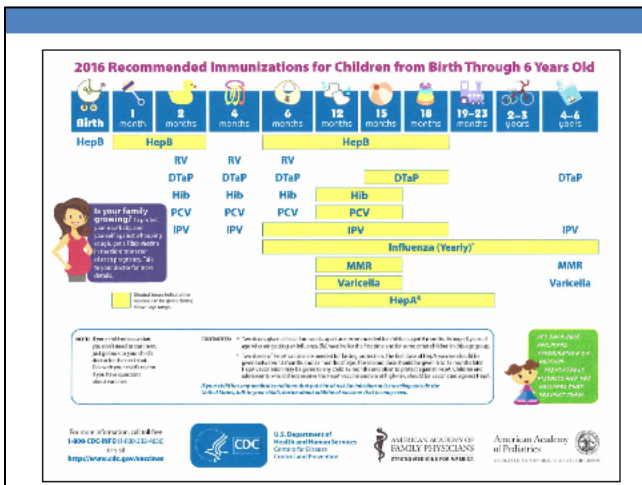
Obtain a complete best practice schedule for cleaning, sanitizing and disinfecting on line at <http://cfoc.nrckids.org/WebFiles/AppendicesUpload/AppendixK.pdf>

### Excluding Ill Children from Care

Best Practice Standards  
<http://cfoc.nrckids.org/StandardView/3.6.1.1>

Licensing Regulations  
<https://www.revisor.mn.gov/rules/?id=9503.0080>

### Immunizations



Available on line at  
 Centers for Disease Control and Prevention. *CDC Immunization Schedule*  
<http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf>

### Allergies and Allergic Reactions

Caring for our Children information  
 Healthline, Inc. Common Allergies in Kids to Watch Out For.

<http://cfoc.nrckids.org/StandardView/4.2.0.10>  
<http://www.healthline.com/health-slideshow/common-childrens-allergies#1>

### Reflection and Action Planning

Take a few minutes to reflect on what you have learned in this session of this class. Use the spaces below to capture your ideas and plans for action.

In this session I learned...

This session started me thinking about...

Based on what I learned, some things I plan to do ...