

## Managing and Preventing Illness

Ohio Administrative Code (OAC) 5101:2-12-15.1, 5101:2-12-33,  
5101:2-13-15.1 & 5101:2-13-33  
October, 2015



### Fall Tips for Child Care Centers and Type A Home Providers

#### HANDWASHING AND STANDARD PRECAUTIONS RULE SUMMARY

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All employees are required to wash their hands with liquid soap and running water in the following situations (this is not an all inclusive list):

- Upon arriving at the center
- After toileting or after assisting each child with toileting or diaper/pull up change
- After contact with bodily fluids or cleaning up spills or objects contaminated with bodily fluids
- Before and after administering medication, first aid or completing a medical procedure

#### TIPS TO HELP MAINTAIN HANDWASHING COMPLIANCE

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- Supervise children's handwashing after they use the toilet and before they eat.
- Let them see you wash your hands throughout the day and wash your hands with them.
- Keep a stool by the sink so the children can reach the sink easily.
- Use a kitchen timer or hour glass to time the handwashing.
- Use soap that smells good or "dirt detector" soaps.
- Sing handwashing songs such as "Head, shoulders, knees and toes".

#### MANAGEMENT OF ILLNESS RULE SUMMARY

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Programs must post and follow the JFS 08087 "Ohio Communicable Disease Chart." The chart must be posted in a location that is readily available to program staff and parents.

Children must be observed daily upon arrival by a staff member that has current, valid training in the management of communicable disease. If a child displays signs or symptoms of illness, the child's parent or guardian must be notified of their condition and the child must be immediately isolated until they are discharged to their parent or guardian or a person designated by the parent or guardian.

Programs must ensure that all staff are trained in handwashing, diapering and standard precautions as outlined in OAC rule 5101:2-12-33/5101:2-13-33. If an employee has a communicable disease, they should be released from their employment duties due to illness. In situations where a communicable disease has been found, the program must notify the parents/ guardians within the next day of program operation of the exposure.

#### INFLUENZA PREVENTION AND CONTROL

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Influenza (also known as the flu) is a highly contagious viral disease that attacks an individual's respiratory system. According to the American Academy of Pediatrics, some symptoms of the flu include: sudden onset of fever, abdominal pain, chills, cough, croup, bronchiolitis or pneumonia, decreased energy, headache, muscle aches and pains, nasal congestion, nausea and sore throat. The flu shot is the best way to reduce infection and spread, yet the shot alone is not 100% effective.

Here are some things that programs can do to help stop the flu from spreading:

- Encourage staff and children (over the age of 6 months) to receive a flu shot
- Isolate an ill child from care
- Ensure all staff and children wash their hands frequently
- Clean all toys and surfaces that come into contact with children during care

Programs may also choose to partner with their local health department for additional resources.