



Managing and Preventing Illness

Ohio Administrative Code (OAC) 5101:2-13-13 & 5101:2-13-16
February, 2017

HANDWASHING RULE SUMMARY

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

- After toileting or after assisting a child with toileting
- After a diaper/pull up change
- After contact with bodily fluids or cleaning up spills or objects contaminated with bodily fluids
- Before and after administering medication or completing a medical procedure

TIPS TO HELP MAINTAIN HANDWASHING COMPLIANCE

- 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

Providers must post and follow the JFS 08087 "Ohio Communicable Disease Chart." The chart must be posted in a location that is readily available to parents, child care staff members and substitutes.

If a child displays signs or symptoms of illness, the child's parent or guardian or person designated by the 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.

If an employee or child care staff member has a communicable disease, they must be released from their employment duties due to illness. No later than the end of the next business day, the provider shall notify parents when their child has been exposed to a communicable disease listed on the JFS 08087.

INFLUENZA PREVENTION AND CONTROL

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 providers 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

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