

SANITATION: HAND WASHING

The single most effective method for preventing illness and maintaining good health in the children and in the adults is through frequent hand washing, Hand washing prevents or at least diminishes cross-contamination.

When the adult washes her hands she verbalizes what she is doing and why she is doing it to the child(ren) in order to make conscious sanitation procedures for the child(ren) and the other adults.

When to Wash Hands for the Adult:

- Upon arrival at the center before interacting with the children.
- Before and after personal hygiene: toileting, nose blowing, hair combing, etc.
- Before and after children's hygiene: diapering/toileting, nose blowing, hair touching, etc.
- Before and after personal eating.
- Before preparing food.
- Before and after feeding children.

When to Wash Hands for the Child:

- Upon arrival at the center.
- After personal hygiene: diapering/toileting, nose blowing, etc.
- Before and after eating.

How to Wash the Child's Hands:

Infant and Toddler hands are washed by the adult while the adult verbalizes the reason and the procedure. The two year old is closely monitored for effective hand washing.

SANITATION: EQUIPMENT

Children's materials are sanitized each day. Clothes and bedding are washed. Bottles, dishes and utensils are washed in a dishwasher. Sanitizing solution of 1/4 cup of bleach to one gallon of water is used to soak toys and play materials daily. The sanitizing solution is prepared each day because the effectiveness of the bleach solution is lost in 24 hours. Separately a spray bottle containing the same bleach/water solution is available during the day for spot sanitation. The spray bottle is properly labeled: Sanitizing Solution (water and bleach solution).

Bathrooms, floors, and table and chair surfaces are cleaned and sanitized daily.

SANITATION: FEEDING

During feeding, the child ingests food and drink. Contamination of any sort is of major concern because the child is placing microbes directly into the gastrointestinal system. The following set-up and procedures minimize cross-contamination.

- Sink for food is not used for diaper and toileting.
- Sink for food is not close to the sink for diapering and feeding.
- Formula, milk and perishable food is refrigerated at 40 degrees or less.
- Sanitation solution is used on the feeding table surface after each use.
- Bibs and any other feeding cloth is wash after each use.

SANITATION: DIAPERING AND TOILETING

During diapering and toileting the child potentially is exposed to cross-contamination of other children's body waste. The child may touch the diapering or toileting area that is not properly sanitized. The child may touch his own waste and self-contaminate. For reasons of cross- or self-contamination the adult and the child wash their hand before and after each diapering and feeding. Further sanitation procedures are in place:

Diapering:

- Exclusive diapering area is used.
- Sanitation solution is used on the diapering surface after each use.
- Dispose of soiled diapers in the lidded diaper pail only used for diapers.
- Diaper pail is convenient for the adult but inaccessible to the child.
- Sink with warm water is convenient to the diapering area.
- Sink is used only for diapering.
- Child's hands are washed before and after diapering.
- Adult's hands are washed before and after diapering.
- Adult puts on gloves.

Toileting:

- Exclusive toileting area is used with child-size toilet preferred.
- Sanitation solution is used on the toilet seat after each use.
- Flush toilet after each use.
- Child's hands are washed after toileting.
- Adult puts on gloves if assistance is required.