

Routine Infection Control Practices

We cannot always tell when someone has an infection. Some people may be infected with a germ and not appear sick. But they may still be able to pass the germ on to others.

For this reason, we should use routine infection control practices with everyone, whether they appear sick or not. Routine infection control practices help to reduce the chances of an infection spreading from one person to another.

1

Wash your hands. Hand washing is the best way to prevent the spread of infection. Proper hand washing reduces the spread of colds and influenza by as much as 40 percent! (See: How to Wash Your Hands, page 9)

2

Use disposable gloves when handling blood or body fluids, when cleaning cuts or scrapes or when changing a child's diaper.

3

Cover your mouth and nose with a tissue when you cough or sneeze. If a tissue is not handy, cough or sneeze into your sleeve, not your hand. (See: Cough & Sneeze Etiquette, page 10)

4

Clean and sanitize diaper change areas between uses.

5

Keep toilets visibly clean.

6

Do not share personal items such as hairbrushes, toothbrushes, towels, face-cloths, sippy cups or hats.

7

Wash laundry using detergent and warm water. Soiled clothing can be put into a plastic bag. Tie the bag closed. Send the clothes home to be washed.

8

During disease outbreaks, follow the guidance of public health about additional steps to take to control the spread of disease.

9

If possible, **separate sick children from well children.**

10

In the child care setting, **clean and sanitize** according to the guidelines on page 12.