

Flu Prevention Checklist For Child Care Centres and Family Child Care Homes

There are a few simple steps to stay healthy and prevent the spread of influenza in child care settings.

It is important that staff and providers:

- are good models of the techniques listed below
- remind children of the importance of proper hand washing

Clean Hands Frequently

Whenever necessary remind children to clean their hands thoroughly.

Hands should always be cleaned with warm water and soap for 20 seconds:

- before and after eating
- after coughing or sneezing
- after using the bathroom
- after a diaper change
- after handling garbage
- when visibly dirty

Alcohol based hand sanitizers are acceptable to use unless hands are visibly dirty. If there is concern that a child may ingest alcohol based hand sanitizer appropriate precautions should be put in place

Cover A Cough Or Sneeze

Ensure that tissues are readily available.

Remind children frequently to:

- use a tissue to cover a cough or sneeze, or
- cough or sneeze into their sleeve.

If a tissue is used, dispose of it in a covered trash bin and remind children to clean their hands right away.

Keep surfaces clean

To help reduce the spread of bacteria and viruses that may cause illnesses:

- frequently touched surfaces such as doorknobs, light switches, telephones, keyboards, toys and commonly shared items should be cleaned regularly and when visibly dirty
- remind children not to share drinking cups or glasses

Contain your illness, stay at home if you are sick

Children who have the flu should stay at home until they are better.

Contact a parent or guardian to pick up a child immediately if a child:

- becomes suddenly ill with fever, aches and coughing
- isn't well enough to participate in the regular daily activities

Provide a quiet area for the child, where the child can be kept away from other children if possible, to rest until s/he can be picked up by a parent.