**Preventing the Spread of Infections.**

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Three basic principles, therefore, underlie all infectious disease prevention in childcare settings.These are:

* **Handwashing** should be used at every opportunity.
* **Immunisation** ALL children and staff should be immunised.
* **Exclusion** any unwell STAFF or CHILD should be exclude.

Handwashing is the single most effective way of preventing the spread of infection.

**When should childcare staff wash their hands?**

**Before**

* **The start of the work shift.**
* **Eating, smoking, handling/preparing food or assisting/feeding a child.**
* **Preparing meals, snacks and drinks (including babies’ bottles).**

**After**

* **Using toilet or helping a child to use the toilet.**
* **Nappy changing/handling potties.**
* **Playing with or handling items in the garden e.g. toys, sand & water.**
* **Handling secretions e.g. from a child’s nose or mouth, from sores or cuts.**
* **Cleaning up vomit of faeces.**
* **Handling or dealing with waste.**
* **Removing disposable gloves and /or aprons.**

**Alcohol based hand rubs/gels are not substitute for handwashing and running water.**

**When should gloves be worn?**

* **Nappy changing**
* **Cleaning potties**
* **Cleaning up blood**
* **Gernal cleaning**
* **Handling waste**

**Gloves should be single use only; change gloves**

* **after caring for each child**
* **After doing different care activities on the same child.**

**Wash hands after gloves are removed; remember gloves are not a substitute for handwashing.**

Monday, 21 January 2019