

<b>TITLE:</b>	<b>Infection Control and Hand washing</b>
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<b>Related documentation</b> <b>Policy/policies:</b>  <b>Regulation/s/ Standards:</b>  <b>Other procedures:</b>  <b>References:</b>	Dealing with Infectious Diseases. Nutrition, Food, Beverage and Dietary Requirements. Covid-19 Procedure.  National regulations 77,88,106,109, 110 NQS 2.1, 2.1.2 Nappy Change Pets Staying healthy in Child Care 5th Edition Australian Department of Health website: <a href="http://www.health.gov.au">www.health.gov.au</a>
Date effective	May 2022
Date for review	May 2024
Purpose	To prevent the risk of infectious disease or illness by following hand washing guidelines and practicing other infection control strategies.
Responsibility	Staff, Educators, Educators Assistants, Relief Care Educators

**Key information:**

Infections can be spread by a person who shows no signs of illness. Hand washing and drying hands thoroughly is one of the most effective ways of preventing the spread of infection. Hand washing is effective because it loosens, dilutes and flushes off germs and contaminated matter.

*Hand sanitisers are not a substitute for effective hand washing and should only be used when soap and water are unavailable.*

Two other important ways of preventing the spread of infectious disease are:  
 Exclusion of sick children, Educators, Staff, visitors and Immunisation.

There are four essential steps to the spread of infection. Infection control is aimed at breaking the links between the steps.

The steps are:

1. The person with the infection spreads the germ into their environment.
2. The germ then lives in the air, in food or water or on objects and surfaces.
3. Another person then comes into contact with the germ.
4. This person then becomes infected and so on.

*AFDC's Dealing with Infectious Diseases policy details exclusion periods for illnesses as per recommendations in Staying Healthy in Child Care 5<sup>th</sup> Ed.*

**Procedure/s:**

- Staff, Educators and children must develop a routine of regular hand washing and cough etiquette that becomes a habit.
- Staff and Educators should model, demonstrate, and supervise hand washing and encourage cough etiquette throughout the day.
- Ensure all visitors (including parents) into the service are well.

**Use the following method to make sure your hands and the children's hands are as germ free as possible.**

- *Wet hands with running water.*
- *Use liquid soap and spread over hands.*
- *Rub your hands vigorously as you wash them.*
- *Wash your hands all over. Pay particular attention to the palms and backs of hands, in between fingers, under finger nails and around wrists.*
- *Rinse your hands thoroughly to remove all suds and germs. Thorough rinsing will help prevent dermatitis from suds.*
- *Turn off the tap using paper towel.*
- *Pat your hands dry with a new paper towel or personal cloth towel which is changed daily.*

**When to Wash Hands:**

- *Parents and Children upon arrival*
- *At the beginning and end of your working day.*
- *Before handling food, including babies' bottles.*
- *Before and after eating.*
- *After changing a nappy or checking a nappy to see if it is soiled.*
- *After removing gloves.*
- *After going to the toilet.*
- *After cleaning up blood, faeces or vomit.*
- *After wiping a nose and contact with nasal secretions or saliva, either a child's or your own.*
- *Before and after giving medication.*
- *After handling garbage.*
- *After coming in from outside play.*
- *After handling pets (including fish, birds, reptiles).*
- *Parents and Children upon departure*

**Gloves:**

Gloves are to be worn by Educators at many different times of the day, to prevent the spread of infection. Gloves are to be worn when changing nappies (please see nappy changing procedure), wiping noses, cleaning spills, general cleaning and for preparing and distributing foods.

Educators are to wash hands before and after using gloves. Gloves are single use only and should be replaced after each single use, e.g. after preparing food, remove gloves, wash hands and replace with new gloves for the next task. *Safe food handling requires gloves to be worn when food is being prepared and distributed.*

**Dummies:**

- Dummies must never be shared by children.
- When not in use, dummies should be stored in individual plastic containers. Each container should have the child's name on it.
- Do not store dummies where they may come in contact with another dummy or toy.
- Store dummies out of children's reach.

**Toothbrushes:**

In the event overnight care is provided, toothbrushes must never be shared by children. They should be labeled with the child's name and out of reach of the children.

**Linen:**

- The Coordination Unit recommends that families supply their own linen which is then taken home at the end of the care week to be laundered.
- Each child's linen should be stored separately in a bag or pillow case.
- In the event that linen is soiled it should be treated the same as a soiled cloth nappy and stored in a plastic bag in the laundry until the family arrives.
- If the Educator supplies the linen, linen should be washed weekly and stored separately in bag or pillowcase. If soiled, the linen should be rinsed, then soaked in a nappy treatment. It should then be washed separately in hot water and dried in the sun or on a hot cycle in the clothes dryer.

**Sandpits:**

Sandpits must be covered when the children are not in care, in order to prevent contamination from animal faeces or inappropriately discarded sharp or dangerous objects such as broken glass.

- The sand should be raked over before each use.
- Sandpits should be dug over to a depth of about 25cm each month to reduce the collection of moisture which can turn the sand sour.

- Sand that has been contaminated by animal or human faeces, blood or other body fluid should be removed. Use a shovel and dispose of the sand in a plastic bag.
- The remaining sand should be raked over and left exposed to the sun.
- Where extensive contamination has occurred, all the sand should be replaced.
- Children should wash and dry their hands with soap and water after playing in the sandpit.

#### **Dealing with Blood, Vomit, Faeces or Urine Spills:**

- Wear Gloves.
- Clean the spill up using paper towel.
- Place the paper towel and soiled gloves in a plastic bag, seal the bag and put it in the rubbish bin.
- Put on new gloves and clean the surface with detergent and warm water and fresh paper towel and allow it to dry.
- Wash hands thoroughly with soap and warm water.

#### **General Cleaning for Infection Control:**

- All frequently touched surfaces such as tables, bench tops, taps, cots, door handles and floors should be cleaned daily.
- Eating areas should be wiped clean with detergent and warm water before and after the children eat.
- Gloves must be worn when cleaning toilets and the nappy change area.
- Mouthed toys to be stored in a container after use and washed daily.
- Toys to be washed regularly, with soap and water, and left outside to dry.

#### **Soaps and towels:**

- Liquid soap dispensers and disposable paper towels are the preferred option.
- If cloth towels are used each child must have their individual towel, a clean towel for each day the child is in care must be provided. Towels must be hung separately, not touching other towels.
- If reusable containers are used for liquid soap, they must be cleaned and dried before refilling with fresh soap.
- Alcohol-based hand cleaners have a role **ONLY** if proper hand washing facilities are not available (such as on excursions). They are not a substitute for hand washing with soap and water. Sorbolene cream can be used in place of soap for children with eczema.
- **Babies need to have their hands washed:**  
Babies need their hands washed as often and as thoroughly as older children. If the baby can stand at a hand basin, their hands need to be washed and dried. If the baby is unable to stand at a hand basin, assist them by holding them near the sink or wash their hands with wet cloths.
- **Cough etiquette** Educators need to encourage children to cough or sneeze into their elbow, e.g., 'coughs or sneeze, elbows please'.

**Additional Infection control Protocols in event of epidemic/pandemic**  
See Covid-19 Procedure.