

ARMIDALE OUT OF SCHOOL HOURS CARE

Infection Control and Hand Washing Procedure

Related documentation	Dealing with Infectious Diseases
Policy/policies:	Nutrition, Food, Beverage and Dietary Requirements
Regulation/s/ Standards:	National Regulations 77,88,106,109, 110 NQS 2.1, 2.1.2
Other procedures:	COVID 19
References:	Staying healthy in Child Care 5th Edition Australian Department of Health website: www.health.gov.au
Date effective	November 2023
Date for review	November 2025
Purpose	To prevent the risk of infectious disease or illness by following hand washing guidelines and practicing other infection control strategies.
Responsibility	Management, Nominated Supervisors, Educators and children

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 a substitute for hand washing, however it should only be used when soap and water are unavailable, hands are not visibly dirty, on excursions and in the play ground.

It is a good idea to have hand sanitiser at the entrance of the service to remind families to have clean hands when entering the service.

Two other important ways of preventing the spread of infectious disease are:

- Exclusion of sick children and Educators and
- Immunisation.

Rationale:

There are four essential steps in 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.

Armidale Out of School Hours Care's Dealing with Infectious Diseases policy details exclusion periods for illnesses as per recommendations in Staying Healthy in Child Care 5th Ed.

Procedure/s:

- Management, Nominated Supervisors, Educators and children must practice regular hand washing and adopt a cough etiquette that becomes a habit.
- Management, Nominated Supervisors and Educators should model, demonstrate, and supervise hand washing and encourage cough etiquette throughout the day.

Steps in ensuring that 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 assists in the prevention of dermatitis
- Turn off the tap using paper towel
- Pat your hands dry with a new paper towel or personal cloth towel.

When to practice hand hygiene:

- Children - upon arrival
- At the beginning and end of your working day
- Before handling food.
 - Before and after eating
 - 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

Gloves:

Wearing gloves does not replace the need for hand washing.

Safe food handling requires gloves to be worn when food is being prepared or distributed.

When Dealing with Blood, Vomit, Faeces or Urine Spills Educators will:

- 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 regularly.
- Gloves should be worn when cleaning toilets and the nappy change area.
- Toys, cushions and throws will be washed regularly, with soap and water, air dried

Addition information

The difference between cleaning and disinfecting:

Cleaning refers to the removal of dirt, germs, and impurities from surfaces (it does not kill germs but can reduce them and reduce the risk of spreading infection).

Disinfecting refers to using chemicals to *kill* germs on surfaces. This process does not necessarily clean dirty surfaces but may be done after cleaning to lower the risk of spreading infection.