



Infection Prevention and Control Measures for Staff in Daycare Settings

The following infection control measures can be used to prevent the spread of infections and illness in the daycare settings:

Hand Hygiene Practices:



The use of soap, warm running water, and friction is an effective way to remove germs from our hands if our hands are visibly dirty.



When hands are not visibly soiled, an alcohol-based hand sanitizer that contains 70–90% alcohol can be used. All hand sanitizers must be routinely checked to ensure the product is not expired.

Toy Cleaning and Disinfection

Toys may become contaminated from unwashed hands or saliva, and increase the risk of spreading infections. To disinfect toys, always clean and rinse prior to disinfection. Use the three-compartment sink method.

- The two-compartment sink method is also acceptable. If using a two-compartment sink method, washing and rinsing must be done in the 1st sink. Disinfection must be done in the 2nd sink.
- If no sinks are available, then the three-bin method is acceptable.
- Mouthed toys must be rinsed thoroughly with water following disinfection.

Food Handling and Sanitation

All staff and children are to wash their hands upon entering the kitchen. Tongs and utensils must be used to handle food. Separate tongs and utensils are to be used for each type of plate or food. Food must be plated separately (e.g., two types of sandwiches must be plated in two separate plates). Keep cold foods cold and hot foods hot at the proper temperatures.

Kitchen Sanitization:

- All equipment, work surface, floors, and eating utensils must be cleaned and disinfected to prevent illness from food.
- All dishes must be washed, rinsed, and disinfected using either the commercial dishwasher or two/three-compartment sinks.



Environmental Cleaning and Disinfection

Infections can spread when a person touches a contaminated surface or object and then touches their mouth, nose, or eyes.

Cleaning:

Cleaning describes the physical removal of debris and contaminants from a surface. It is accomplished using warm water, soap, and friction (e.g., scrubbing).

- Cleaning must always be done before disinfection.
- Cleaning solutions must be prepared and used according to the manufacturer's directions and must not be mixed with other chemicals.
- Cleaning should start from the least soiled area to the heaviest soiled area.
- After cleaning a surface or object, it is important to rinse with clean water to ensure the detergent film is removed.
- Clean when children are not present in the area.

Disinfection:

Disinfection describes the process of killing most germs on inanimate objects using a chemical solution called a disinfectant. A disinfectant must have a Drug Identification Number (DIN), Safety Data Sheet (SDS) and must be reviewed for efficacy statements.

When using a disinfectant:

- Always follow the manufacturer's instructions when preparing and using a disinfectant solution.
- Allow adequate contact time (the specified period of time the disinfectant must be applied to the surface or object).
- Wear gloves and any additional PPE recommended by the manufacturer.
- Label and store disinfectants in a safe, secure location that is inaccessible to children, and away from heat and light.
- Always check the expiry date. If the product is expired, do not use it.
- Use disinfectants when children are not present in the area.

Steps for Environmental Cleaning and Disinfection:

- Gather equipment, perform hand hygiene, and put on appropriate PPE.
- Clean the surface or object using warm water, soap, and friction.
- Rinse the surface or object using clean, warm water.
- Disinfect the surface or object.
- Allow to dry.
- Remove PPE and perform hand hygiene.
- Store newly cleaned and disinfected items in a manner that prevents contamination.

Carpets and Floor Mats:

- Daycare centres that use carpets and floor mats must ensure that:
- Floors should be vacuumed or wet-mopped daily.
- Carpets/floor mats must be cleaned as often as necessary and promptly if a spill occurs.
- If carpets do not appear to be adequately cleaned, re-cleaning is necessary or replacement must be considered.
- Floor mats that cannot be adequately cleaned and disinfected should be promptly removed and replaced.