Session 1

Participant Guide

Health and Safety In-Service I - Child Care Centers

2016
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Overview

Knowledge and Competency Framework (KCF) Content Area, MN Core Competency Content Area, CDA Content Areas, Parent Aware Training Indicators
The Primary Knowledge and Competency Content Areas, the MN Core Competencies Content Area, the CDA Content Areas, and (as appropriate) Parent Aware Training Indicators are listed here to help participants understand what competencies, content areas and/or indicators are addressed in the training.

<table>
<thead>
<tr>
<th>KCF Content Area:</th>
<th>VII: Health, Safety and Nutrition</th>
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<tbody>
<tr>
<td>MN Core Competency:</td>
<td>VI: Health, Safety and Nutrition</td>
</tr>
<tr>
<td>CDA Content Area:</td>
<td>Planning a safe and healthy learning environment</td>
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Parent Aware Training Indicator: None

Learning Objectives
While no training alone can ensure learning objectives, they can be designed to meet certain goals for each learner. If learners are engaged and participatory they will learn to:

- List four practices that minimize the spread of infectious disease or other illness among children
- Identify two practices that can minimize the risk of children’s exposure to allergens
- Describe protocols for safe medication administration

Session Outline and Notes – Use the blank space in this section to note ideas for your own later research or action planning!

Section Overview – Key Concepts
A. Introduction
- Introduce objectives
- Licensing requirements vs best practice
- Caring for Our Children standards
- Introduce presenter

- Introduce topic (prior knowledge):
  - What kinds of illness are ‘infectious’?
  - Why is it so important to minimize the spread of these illnesses?
  - What are some things you currently do to minimize the spread of infectious disease?

B. Minimizing the Spread of Infectious Disease
- Handwashing
  - Frequent
    - When is hand washing required? When is it recommended?
  - Thorough
    - What is ‘thorough’ hand washing?
- Diaper changing
- Cleaning, Sanitizing, and Disinfecting
  - Definitions and examples
  - Schedule for tasks
- Daily Health Check
  - Signs and symptoms of common illnesses
  - Reportable illnesses
- Exclusion of Ill Children
  - When is exclusion required
  - Exclusion procedures
- Universal precautions
  - What illnesses might be ‘blood borne’
  - What does it mean to take ‘universal’ precautions
  - Supporting use of universal precautions
- Immunizations (including Flu Shots)
  - Immunization schedules
  - Encouraging immunizations

C. Preventing Food Borne Illnesses and Minimizing Exposure to Allergens
- Illnesses that can food borne
- Prevention strategies
- Allergies and Allergic Reactions
  - Potential allergens in the environment
  - Minimizing the exposure to allergens
  - Signs of an allergic reaction and responding to allergic reactions

D. Medication Administration
- The responsibility of medication administration
- Two categories of medication: Prescription and OTC
- Permissions and documentation
- The 5 ‘Rights’ or Medication

F. Closing and final review of course objectives
• Check in on objectives
• Individual reflection and next steps
• Session evaluation (if used)

Introduction

Important resources: These two resources form the basis of much of this session’s content.


**Rule 3:** Minnesota Rules, parts 9503.0005 to 9503.0170 – Licensure of Child Care Centers

Minimizing the Spread of Infectious Disease and Other Illnesses

Handwashing

<table>
<thead>
<tr>
<th>WHEN (FREQUENCY)</th>
<th>HOW (THOROUGH)</th>
</tr>
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Available at [http://www.health.state.mn.us/handhygiene/wash/dontforget.html](http://www.health.state.mn.us/handhygiene/wash/dontforget.html)

Cleaning, Sanitizing, and Disinfecting
Obtain a complete best practice schedule for cleaning, sanitizing and disinfecting on line at http://cfoc.nrckids.org/WebFiles/AppendicesUpload/AppendixK.pdf

Excluding Ill Children from Care

<table>
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<tr>
<th>Best Practice Standards</th>
<th>Licensing Regulations</th>
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Immunizations

Available on line at
Centers for Disease Control and Prevention. *CDC Immunization Schedule*

Allergies and Allergic Reactions

Caring for our Children information
Healthline, Inc. Common Allergies in Kids to Watch Out For.
http://cfoc.nrckids.org/StandardView/4.2.0.10
http://www.healthline.com/health-slideshow/common-childrens-allergies#1

Reflection and Action Planning
Take a few minutes to reflect on what you have learned in this session of this class. Use the spaces below to capture your ideas and plans for action.

In this session I learned...

Based on what I learned, some things I plan to do ...