

Session 1	<h1>Participant Guide</h1> <p>Health and Safety In-Service 1 Child Care Centers</p>
Course Writer: Sharon Bergen 2016; Revised 2023	<p>2 hours</p>

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Session Overview

Knowledge and Competency Framework (KCF) Content Area and CDA Content Areas:

The Knowledge and Competency Content Areas and the CDA Content Areas are listed here to help participants understand what competencies, content areas and/or indicators are addressed in the training.

[KCF Content Area:](#) VII: Health, Safety and Nutrition
CDA Content Area: Planning a safe and healthy learning environment

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:

- Describe methods to reduce the spread of infectious disease, including food safety, Standard Precautions, cleaning/sanitizing/disinfecting, handwashing, diapering/toileting, daily health checks, and illness exclusion.
- Describe licensing regulations related to allergy prevention/response, medication administration, exclusion and reporting of infectious disease, handling/disposal of bodily fluids, and mandated reporting.
- Identify types of child maltreatment and corresponding signs and symptoms

Session Agenda:

- A. Introduction
- B. Minimizing the Spread of Infectious Disease
 - a. [Exclusion of Ill Children](#) and Infectious Disease
 - b. [Daily Health Check](#)
 - c. [Universal Precautions](#) – [handwashing](#), [diaper changing](#), [cleaning/sanitizing/disinfecting](#)
- C. Preventing Foodborne Illnesses and Minimizing Exposure to Allergens
 - a. [Foodborne Illnesses](#)
 - b. Allergies and Food Sensitivities
- D. Medication Administration
 - a. Prescription and Non-prescription meds
 - b. The 5 'Rights' of [Medication Administration](#)
 - c. Asthma
- E. Identification and Prevention of Abuse and Neglect
 - a. What is Abuse and Neglect
 - b. Mandated Reporting
 - c. Preventing Abuse
- F. Wrap Up and Reflection

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

1. [Rule 3](#): Minnesota Rules, parts 9503.0005 to 9503.0170 – Licensure of Child Care Centers
2. Caring for Our Children: National Health and Safety Performance Standards Guidelines for Early Care and Education Programs <https://nrckids.org/CFOC/TOC>

Minimizing the Spread of Infectious Disease and Other Illnesses

- Illness/exclusion from care - see: [Rule 9503.0080 Licensing Regulations: EXCLUSION OF SICK CHILDREN](#)
- Immunizations – 2023 schedule available online at Centers for Disease Control and Prevention [CDC Immunization Schedule](#)
- Universal Precautions:
 - Hand Hygiene - **WHEN (FREQUENCY) and HOW (THOROUGH)**

Cleaning, Sanitizing, and Disinfecting

Obtain a complete [best practice schedule for cleaning, sanitizing and disinfecting](#) online through CFOC.

Cleaning, Disinfecting, and Sanitizing Routines (adapted from Caring for Our Children)

- **Cleaning:** mechanical process using **soap or detergent and water to remove dirt**, debris, and many germs. It also removes invisible debris that interferes with disinfecting. **Used before sanitizing or disinfecting.**
- **Sanitizing:** Chemical process of reducing the number of disease-causing germs on cleaned surfaces to a safe level. This term is used in reference to **food contact surfaces or mouthed toys/objects.**
- **Disinfecting:** Chemical process that uses specific products to destroy harmful germs (except bacterial spores) on environmental surfaces (e.g., **bathroom toilets and floors, diaper changing surfaces, and other surfaces exposed to blood or other body fluids**)

Cleaning and Disinfecting Sanitizing Solution - Bleach Water (MDH [How to Mix Bleach Solutions](#)):

- Mix bleach water mix daily and ensure it is labeled (with date when made); keep spray bottles out of reach of children.
- Wash surfaces first with soap or detergent and water.
- Spray on sanitizing solution and allow to air dry.

Food – Preventing Foodborne Illness and Minimizing Exposure to Allergens

See: [Care for Children with Food Allergies](#) information (CFOC) and Healthline, Inc.'s [Common Allergies in Kids to Watch Out For](#)

Medication Administration

Child Maltreatment and [Mandated Reporting](#)

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...

This session started me thinking about...

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