

## Routine Practices



Cover your mouth and nose with a tissue when you cough or sneeze.

Teach children to sneeze or cough into the inner arm where the elbow flexes instead of sneezing or coughing into their hands. This method decreases the spread of disease from infection on the hands.



Do not share personal items such as hairbrushes, hats, toothbrushes, facecloths, towels, sippy cups, or bottles.

Wear disposable gloves anytime your hands may come into contact with blood or body fluid. This is especially important if you have a cut or open sore on your hands.

Use household rubber gloves when cleaning or sanitizing.

Dispose of articles soiled with discharge from nose and/or mouth, vomit, or feces into a disposal bin, ideally with a pop-up lid. The bin should be lined with a disposable plastic bag to be tied and thrown out with the household/childcare facility garbage.

Disinfect surfaces using a diluted bleach solution. A solution of 1:100 or 1:50 is recommended for routine disinfection of surfaces and objects. A bleach solution loses potency when stored. If a 1:100 solution is used, it loses effectiveness after 24 hours. A 1:50 solution remains effective for 30 days.

- 1:100 is 1 part bleach to 100 parts water (5 ml bleach to 500 ml water).
- 1:50 is 1 part bleach to 50 parts water (10 ml bleach to 500 ml water).

1 part bleach to 10 parts water (5 ml bleach to 50 ml water) is recommended for cleaning up spills of blood or body fluids.

\* Organic material such as blood or stool inactivates bleach. A surface obviously contaminated with blood or stool must be cleaned with water and detergent before being disinfected.

Clean and disinfect countertops, toys, and diaper changing areas more frequently when a child with diarrhea is present.

Prepare food safely:

- Cook meat and poultry well.
- Avoid drinking or serving unpasteurized milk and juice.
- Thoroughly wash all fruits and vegetables before eating or serving.
- Keep uncooked meat away from fruit and vegetables.



Cover food and store at recommended temperatures for recommended times.

## Handwashing

**Handwashing is the best way to stop the spread of infections.** Eighty percent of common infections are spread by hands. Washing hands at least five times a day has been shown to significantly decrease the frequency of colds, flu, and other infections.

### When to Wash Your Hands

#### Caregivers should wash hands:

- Before preparing food
- Before feeding a child or eating
- After using the washroom or helping a child use the washroom
- Before and after changing diapers
- After blowing your nose or wiping a child's nose
- Before performing first aid or applying a band-aid
- Before applying sunscreen
- After handling pets or other animals
- After cleaning or handling garbage

#### Children should wash hands:

- Before eating or helping with food preparation
- After using the washroom
- After sneezing, coughing or using a tissue
- After playing with toys shared with other children
- Before and after playing at the water table
- After playing outside or in the sandbox
- After handling animals or animal waste

### How to Wash Your Hands

#### Use regular soap that does not contain antibacterial agents.

- Regular soap will remove the dirt and grease that attract bad bacteria.
- Regular soap will not kill the good bacteria that live on the hands.
- Using antibacterial products unnecessarily increases the concentration of antibiotics in the water supply and in the environment.
- Rub your hands together with soap for 20 seconds (the length of time it takes to sing Twinkle Twinkle Little Star) and rinse your hands for 10 seconds.

#### Use of alcohol-based hand rubs

- Alcohol-based hand rubs are quick to use. They are especially convenient when soap and water are not available.
- These products need to be at least 60% alcohol to be effective, so check the label.
- Alcohol-based hand rubs do not cause antibiotic resistance.

- Alcohol-based hand rubs kill many bacteria and viruses, but are not effective against some of the germs that cause diarrhea.
- Alcohol-based hand rubs don't work if your hands are greasy or visibly dirty. These products don't clean your hands and are not a substitute for handwashing.
- These products are safe for children if used with supervision. Alcohol-based hand rubs are poisonous if ingested. Children should not put their hands in their mouths until the alcohol evaporates (about 15 seconds).
- Wall dispensers and containers of alcohol-based hand rubs should be placed so they cannot be reached by small children.
- Alcohol-based hand rubs are flammable and should not be stored near a source of heat.

Taken from "Do Bugs Need Drugs?" [www.dobugsneeddrugs.org](http://www.dobugsneeddrugs.org)

