

# Health and Sanitation in Child Care Facilities

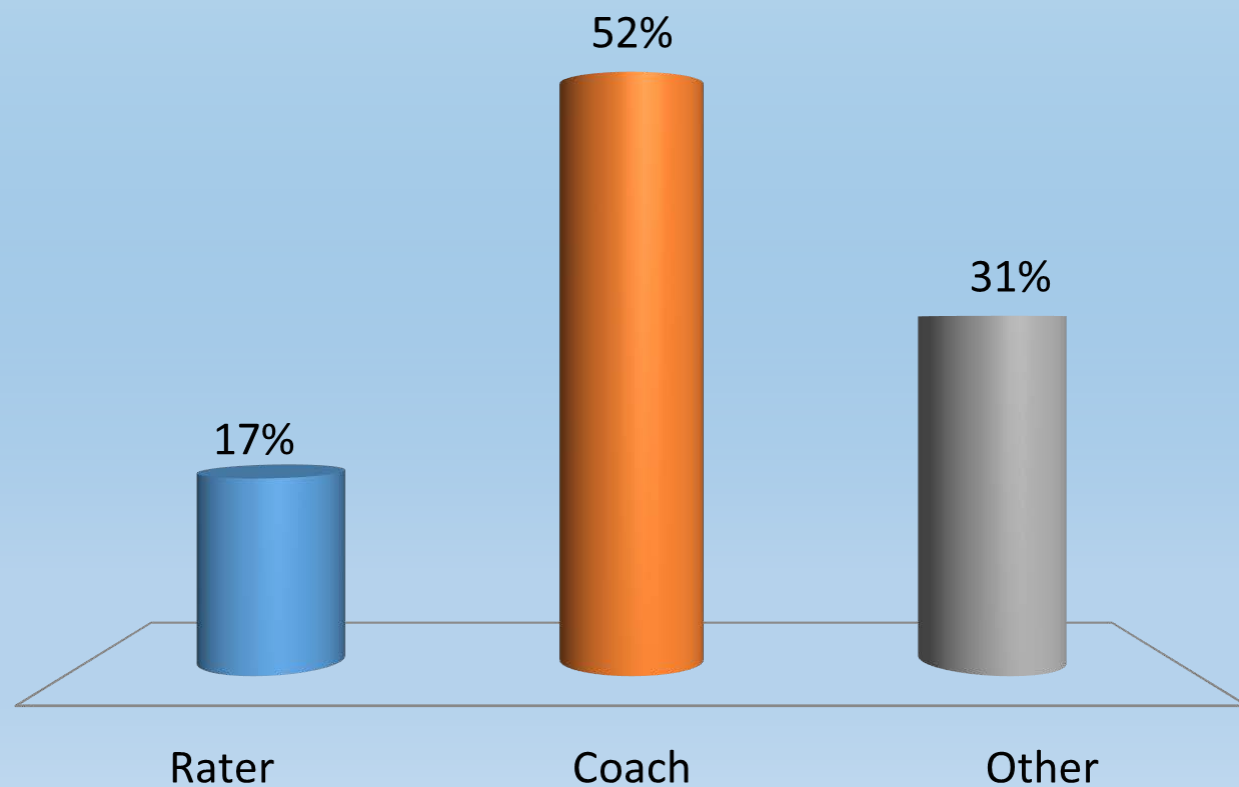
Division of Environmental Health and Sustainability



**COLORADO**  
Department of Public  
Health & Environment

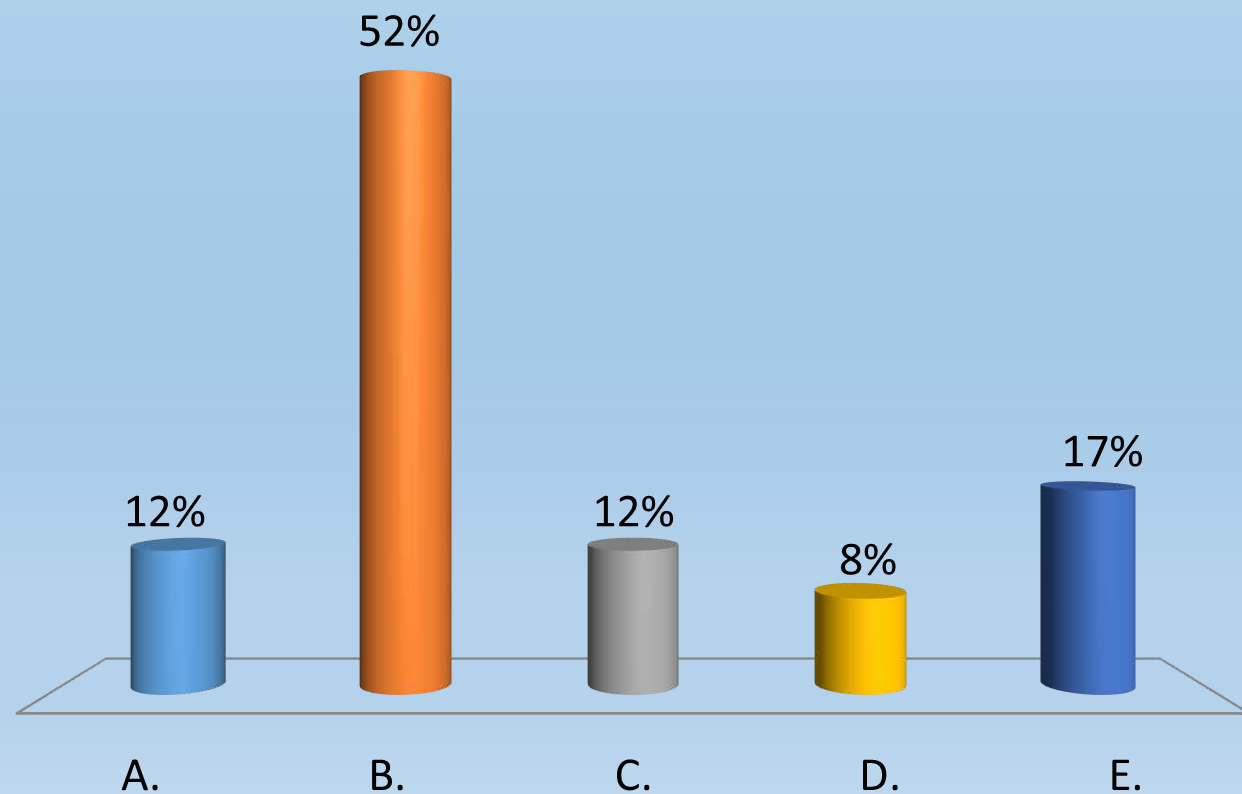
# What role best describes the work you do?

- A. Rater
- B. Coach
- C. Other



# How many years of experience do you have working in your current role?

- A. 1 year or less
- B. 2-5 years
- C. 5-10 years
- D. 10-15 years
- E. More than 15 years





# Overview

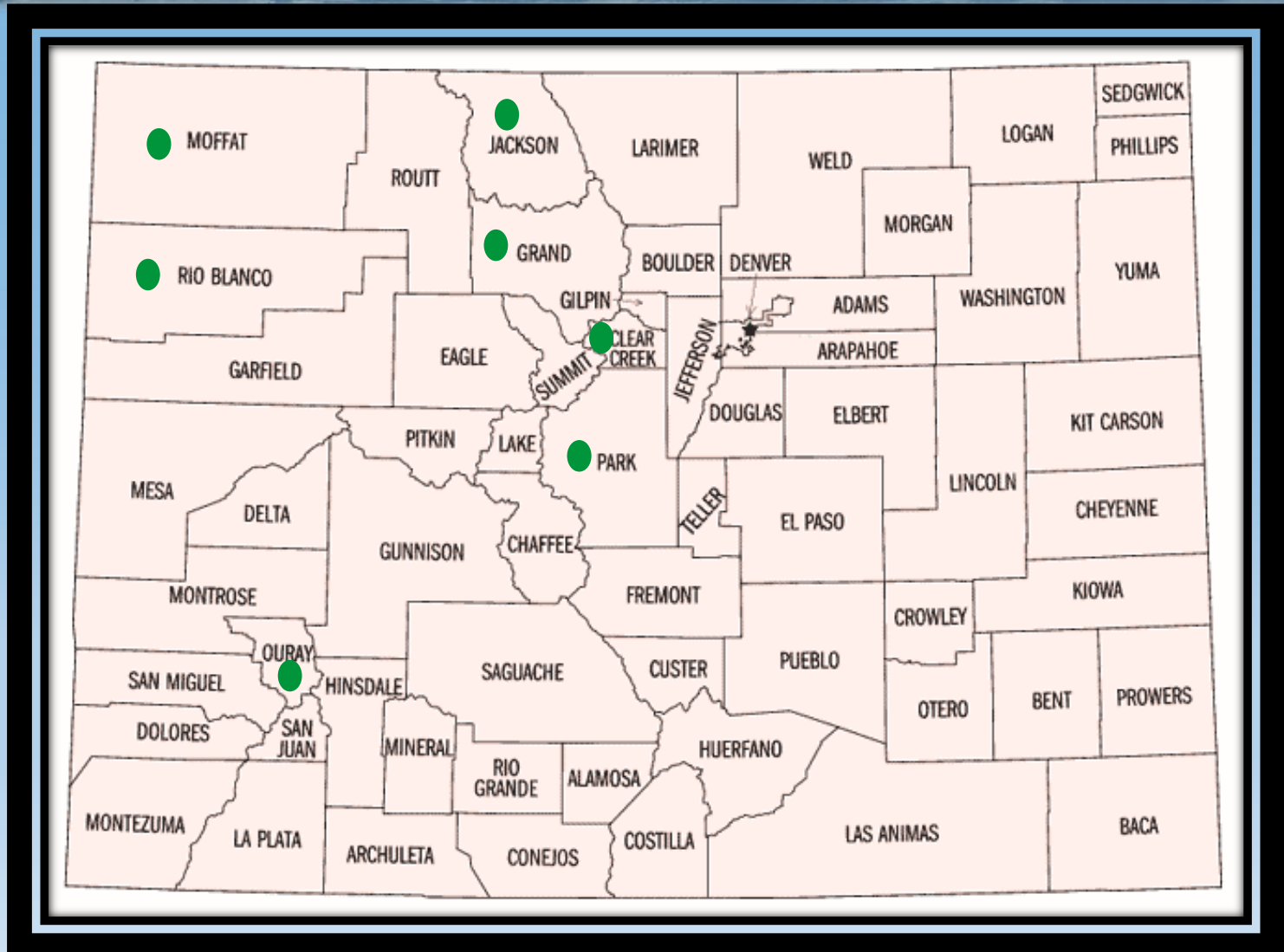
- Program Overview
- Questions and discussion on most common misconceptions
- Resources and working together
- Questions

# CDPHE Program Overview

- Implement the *Rules and Regulations Governing the Health and Sanitation of Child Care Facilities in the State of Colorado*
- The regulations apply to most child care license types except:
  - Home based care (family child care homes, foster homes)
  - Neighborhood youth organizations
- Delegate authority to local public health agencies
- Provide training and technical assistance
- An approving health inspection is required before a CDHS license can be issued and every 2 years thereafter
- Our goal is to ensure healthy environments for children and staff in child care settings

# CDPHE Provides Direct Services in 7 Counties

- Clear Creek
- Grand
- Jackson
- Moffat
- Ouray
- Park
- Rio Blanco



# Health and Sanitation Regulations

- Preventing the spread of communicable illness including
  - Vaccine preventable diseases
  - Foodborne illness
  - Waterborne illness
- Protecting children, staff, and other building occupants from environmental hazards
  - Lead
  - Radon
  - Asbestos
  - Chemicals
  - Pests

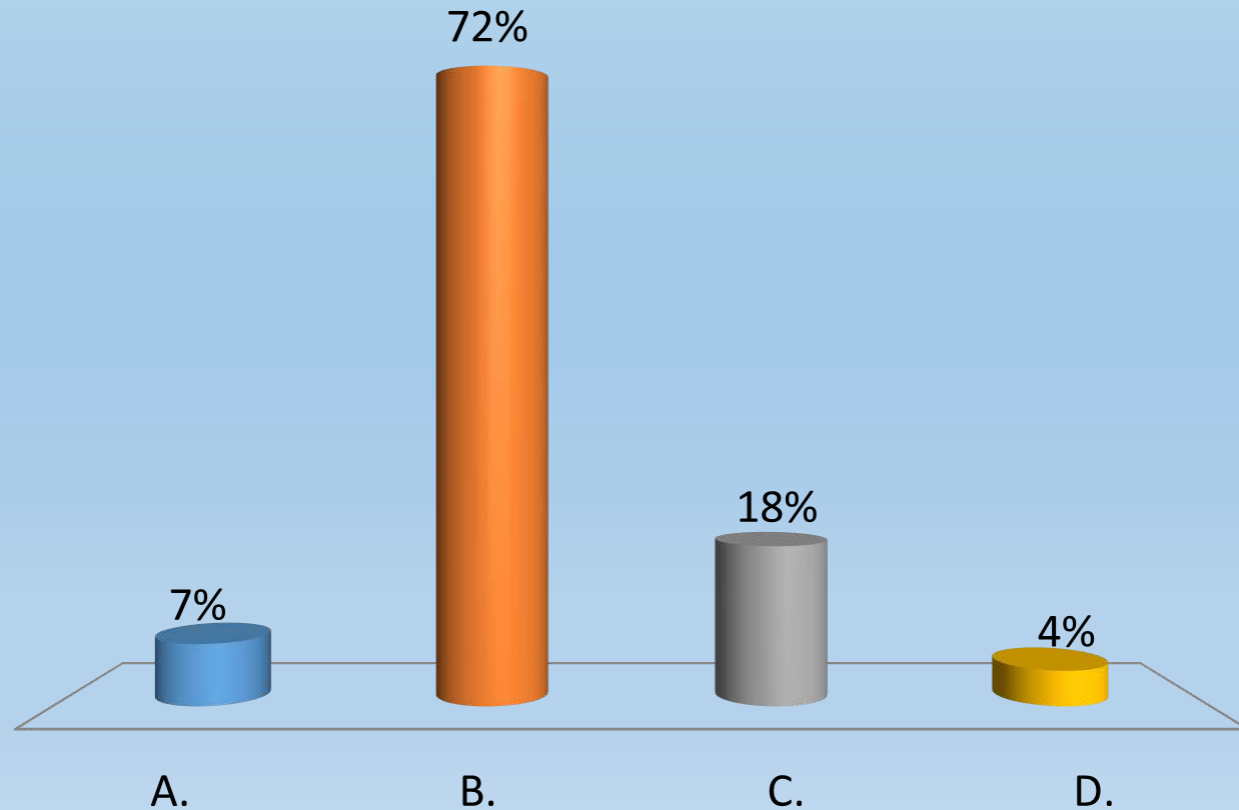
# Outbreaks in Child Care Facilities

- There have been **210** enteric illness outbreaks in child care facilities between 2006-2017
- A total of **3,908** people have been affected
- Average of **19** outbreaks per year with an average of **19** ill people per outbreak



# Which pathogen causes the highest number of outbreaks in child care facilities?

- A. Salmonella
- ✓ B. Norovirus
- C. E. Coli
- D. Shigella



# Norovirus

- Norovirus accounts for 77% of outbreaks in child care facilities
- Causes severe vomiting and diarrhea often at the same time
- It is highly contagious
- Most disinfectants are not effective against norovirus

## Controls:

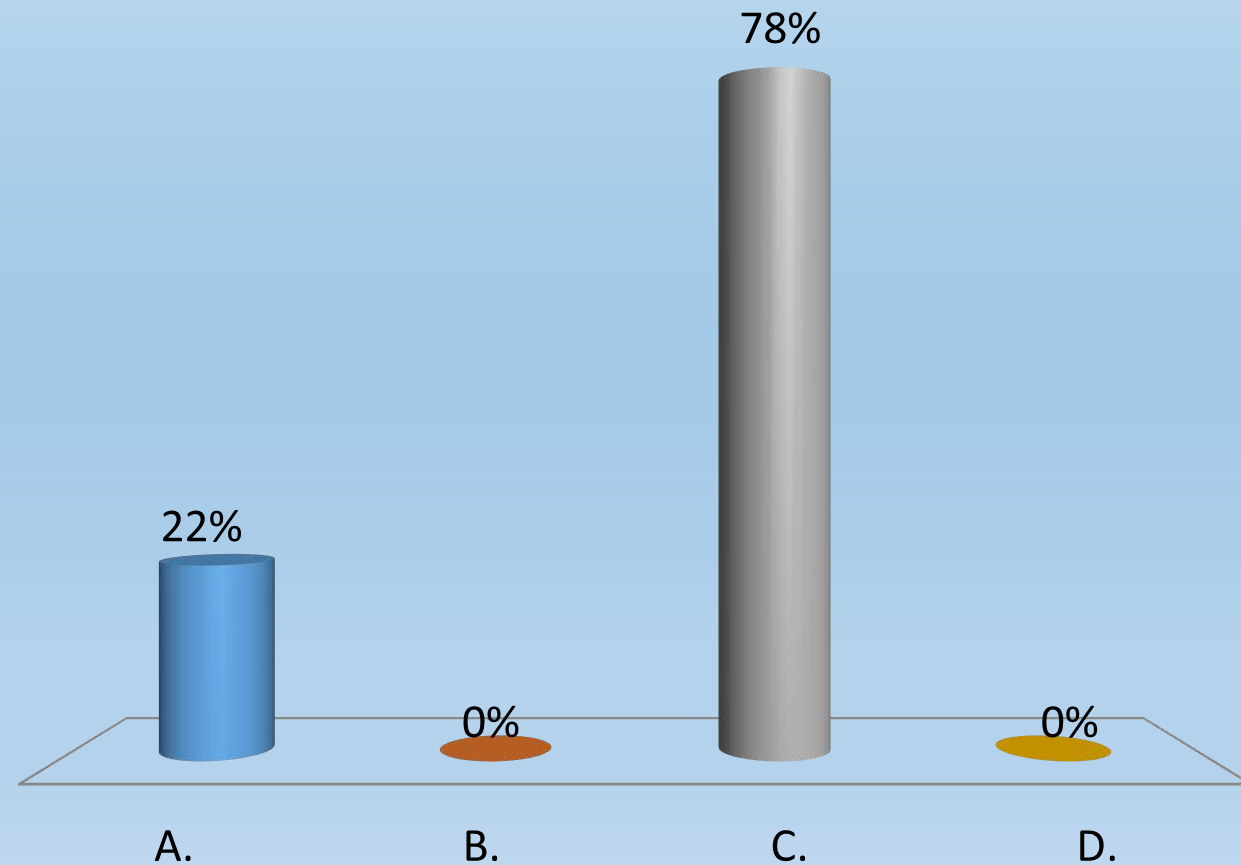
- Proper clean up after vomiting and diarrheal episodes
- Exclude ill children and staff for 48 hours
- Use good hygienic practices
- Do not handle ready to eat foods with bare hands

# Cleaning vs Sanitizing vs Disinfecting

- **Cleaning** removes debris and biofilms
- **Sanitizing** reduces bacterial count, including pathogens, to a safe level
  - Food contact surface sanitizers do not leave a residue and it is safe to have food directly on surface
- **Disinfecting** eliminates most or all pathogenic microorganisms
  - Known or likely to be contaminated with body fluids. Need to kill bacteria/viruses

# The approved process for sanitizing tables is:

- A. Wash with soap, sanitize, rinse with water
- B. Sanitize, rinse with water, wash with soap
- ✓ C. Wash with soap, rinse with water, sanitize
- D. Wash with soap, disinfect, rinse with water





# Steps for Sanitizing

The 3 step process must always be used

1. Wash
2. Rinse
3. Sanitize (leave on surface for the amount of time specified on the labeled instructions)

**DO NOT FOLLOW WITH A RINSE**

# Frequency

Item	Frequency of Sanitizing
Tables	Before meals
Preschool toys/materials	Weekly
Infant/toddler toys/materials	Daily

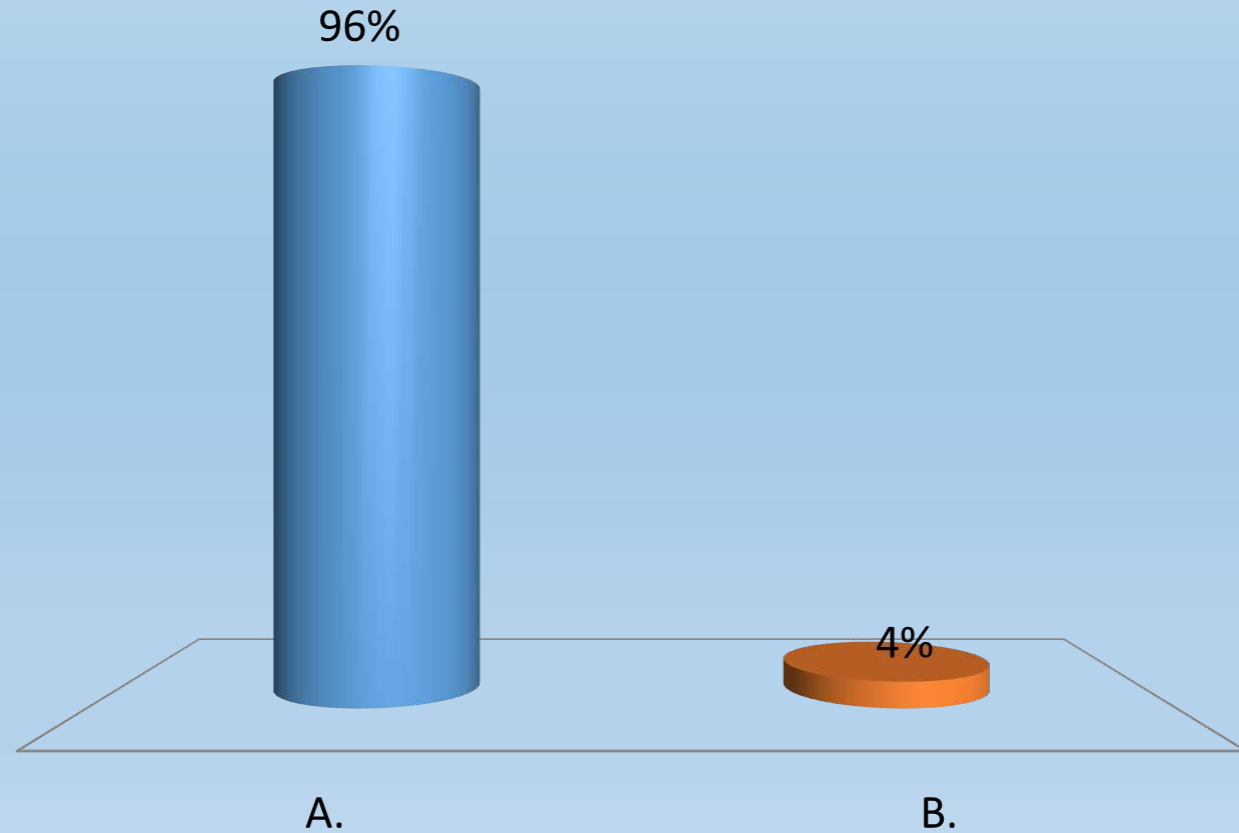
## Tips:

1. Have the children help with washing toys. This is a great sensory activity and is fun for children.
2. Only put out what toys are needed
3. Rotate areas/centers (sanitize blocks on Mondays, manipulatives on Tuesdays etc.)
4. Utilize a dish washer

Diaper changing pads/tables need to be washed, rinsed, and disinfected after every diaper change

A. True

✓ B. False



# Disinfecting

- Washing and rinsing before disinfecting the diaper table is only required when there is visible debris.
- All other times a disinfectant is used the surface must be washed, rinsed, and disinfected

## Tips:

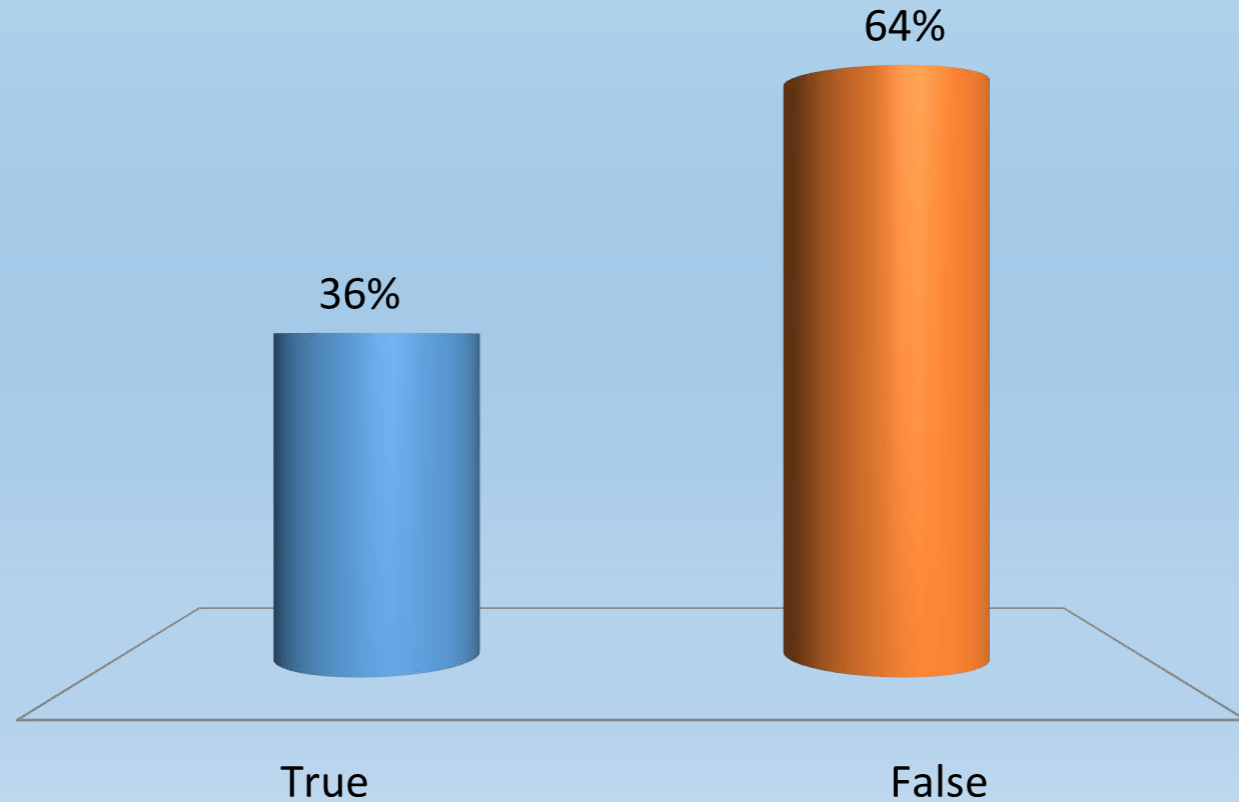
1. Providers can use a cleaner/disinfectant
2. When a toy or table is contaminated with a body fluid it must be washed, rinsed, and sanitized after disinfection



# Sanitizers and disinfectants should always be stored in a locked cabinet when not in use

A. True

✓ B. False



# Sanitizers and Disinfectants

## Sanitizers

- Must be mixed and readily accessible to caregivers at all times during operation

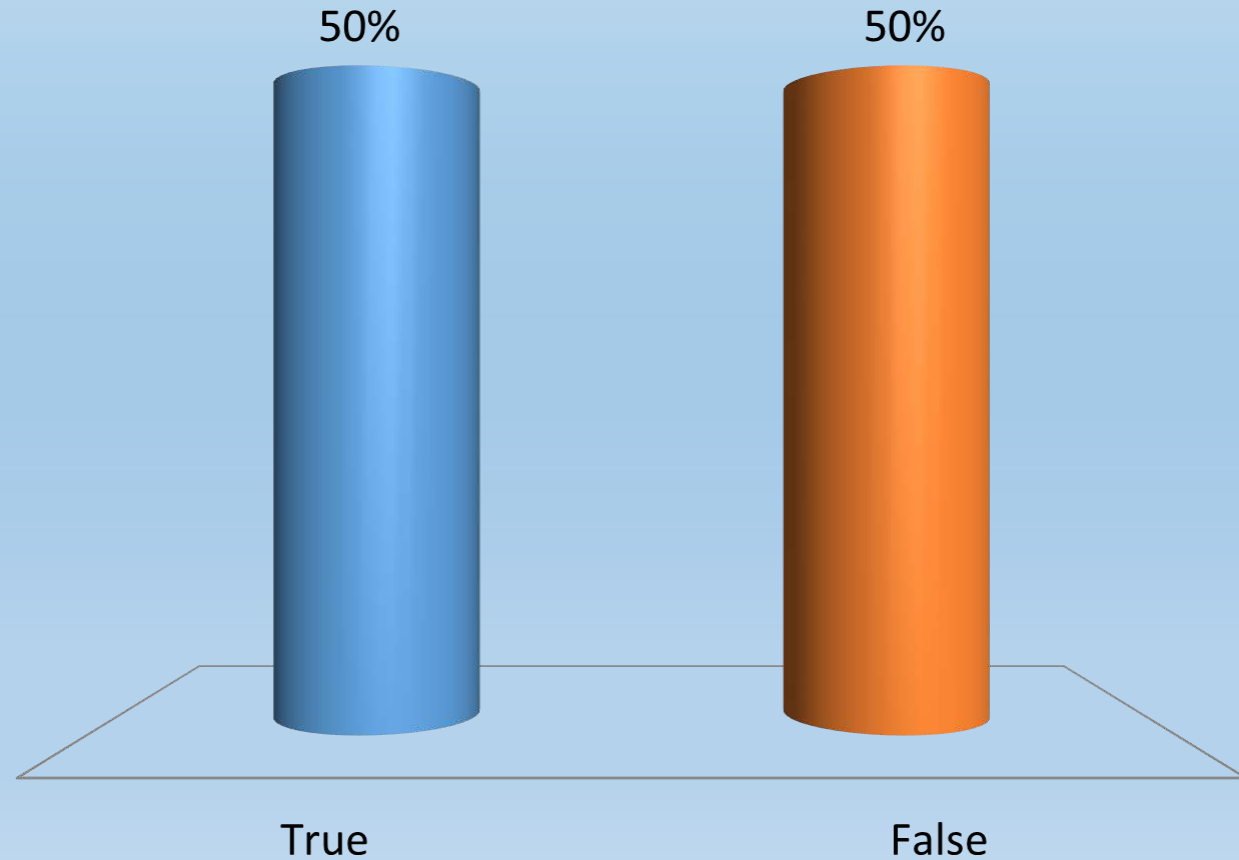
## Disinfectants

- Must be mixed and readily accessible to the diaper changing table at all times when there are children in care in diapers

Solutions should always be inaccessible to children

Hand soap and paper towels may be stored out of reach as long as it is accessible during handwashing activities.

- A. True
- ✓ B. False



# Hand Soap and Paper Towels

## Soap and Paper Towels

- Hand soap and paper towels must always be accessible to children. If this is a conflict for quality reasons then soap that is labeled “keep out of reach of children” should not be used

## Hand Sanitizer:

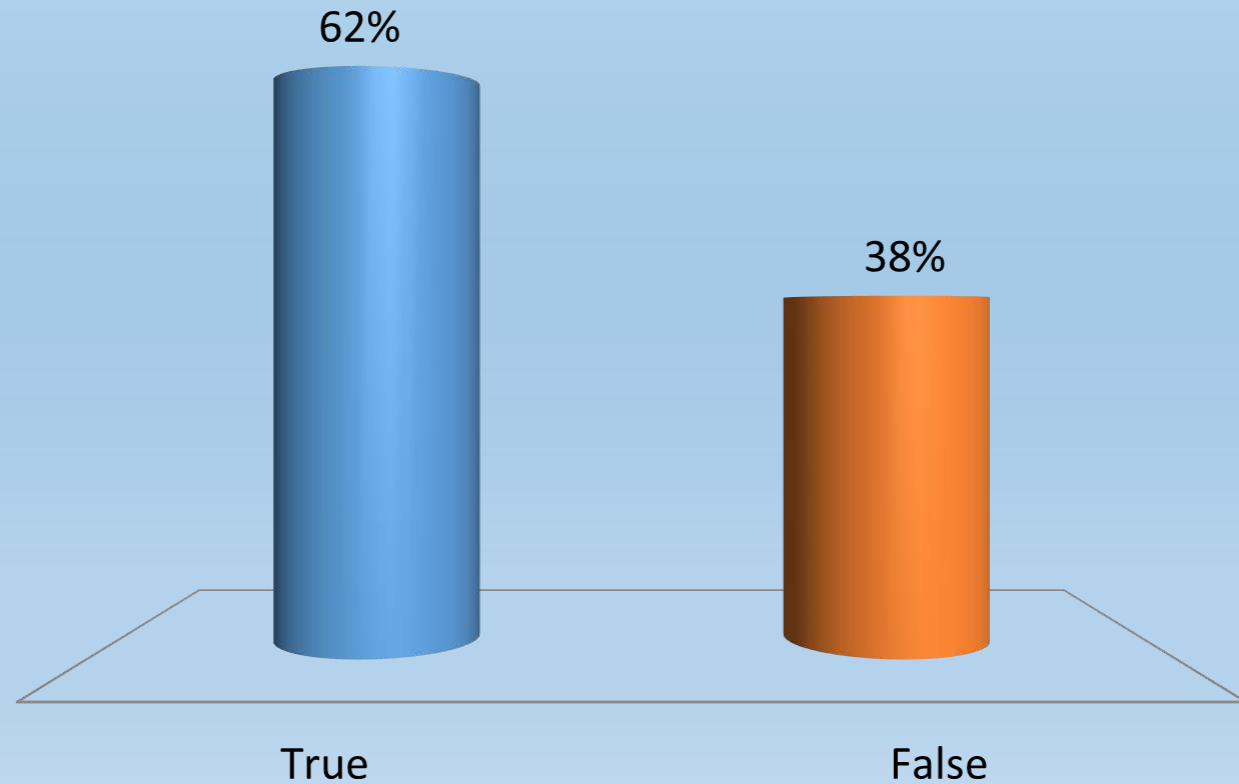
- May only be used in addition to hand washing but not in lieu of handwashing unless away from the building with no access to handwashing facilities
- May only be used with children 3 and older
- **Not effective against norovirus**



# Foam soap can replace the need for water during the first step of washing hands.

A. True

✓ B. False

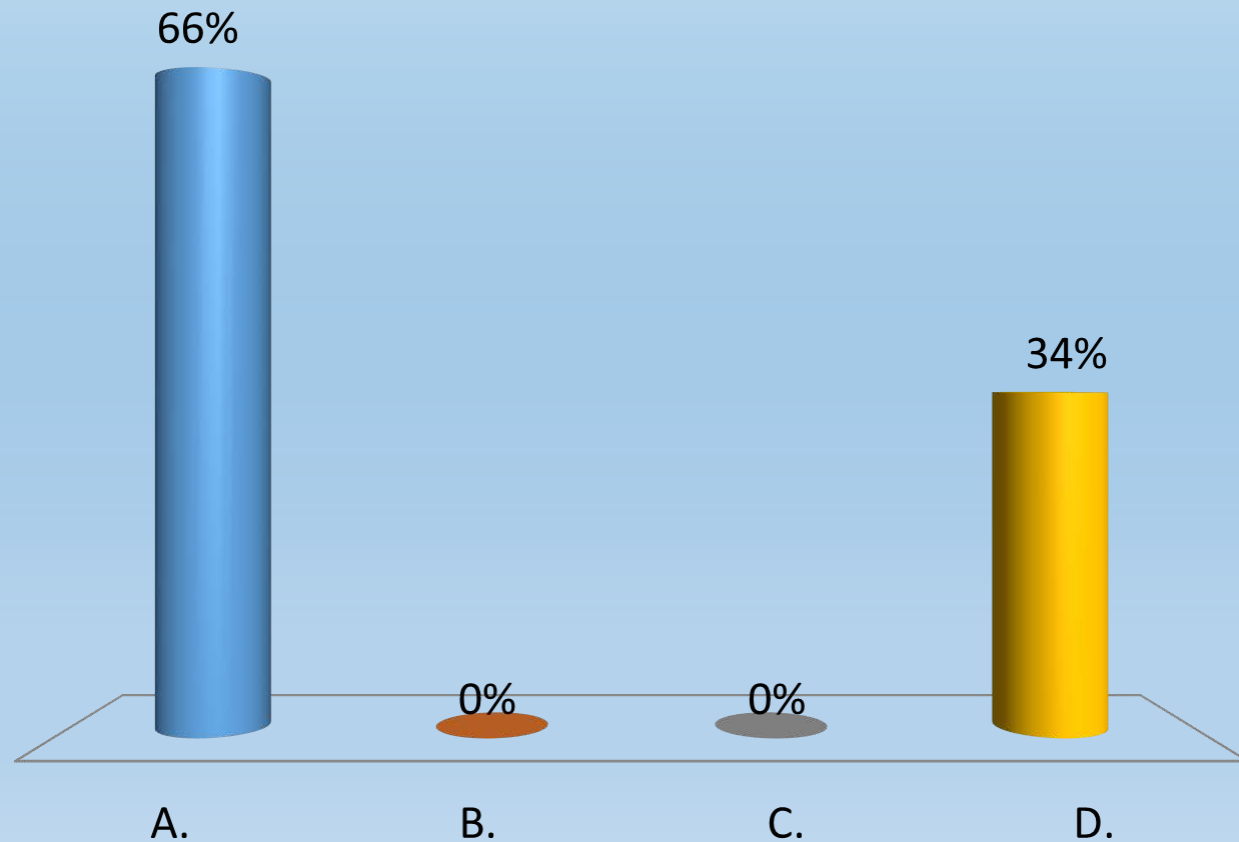


# Required Handwashing Steps

1. Moisten hands with warm running water;
2. Apply soap;
3. Rub hands vigorously until a soapy lather appears;
4. Continue washing for at least 20 seconds outside of the water, rubbing areas between fingers, around nail beds, under fingernails, under jewelry and the back of hands;
5. Rinse hands under warm running water until they are free of soap and dirt; and,
6. Dry hands with a disposable towel, a clean cloth towel laundered after each use, or a mechanical drying device.

# The hazard associated with peeling/chipping paint is:

- ✓ A. Lead
- B. Asbestos
- C. Radon
- D. All of the above



# Lead Based Paint

It is important to have an understanding about lead based paint hazards when advising providers to repair peeling/chipping paint

## Lead

- Used in paints before 1978. Any building built before 1978 is at risk for lead based paint
- Can be found on walls, baseboards, doors, windows, staircases, banisters, and in soil
- Lead based paint that is in good repair does not present a hazard
- Peeling/chipping paint chips can contain lead
- Sanding lead based paint creates a dust with lead



# Lead Based Paint

How children are exposed to lead based paint

- They can eat the peeling/chipped paint
- They can inhale the dust containing lead
- The lead from the dust or paint can be picked up on children's hands and then placed in their mouths
- When children ingest lead there are detrimental effects

# Lead Based Paint

## Effects of lead in children

- Damage to the brain and nervous system
- Slowed growth and development
- Learning and behavior problems
- Hearing and speech problems
- Causes lower IQ, decreased ability to pay attention, and underperformance in school

# Lead Based Paint

What you can do:

- Advise providers to minimize the risk by making areas inaccessible to children
- Encourage providers to work with the local health department or CDPHE for guidance on repairing lead based paint



# Available Resources

- We have numerous resources including free training opportunities available on our website at [www.Colorado.gov/cdphe/child-care](http://www.Colorado.gov/cdphe/child-care)
- Connect with your local health department  
<https://www.colorado.gov/pacific/cdphe/find-your-local-public-health-agency>
- Contact our team at (303)692-3645 or [cdphe\\_iepu@state.co.us](mailto:cdphe_iepu@state.co.us)



# Working Together

- Notice some differences between health department and ERS standards?
- Collaborations are happening!
- Crosswalk and resources
- New notes coming October 1<sup>st</sup>



# Questions?