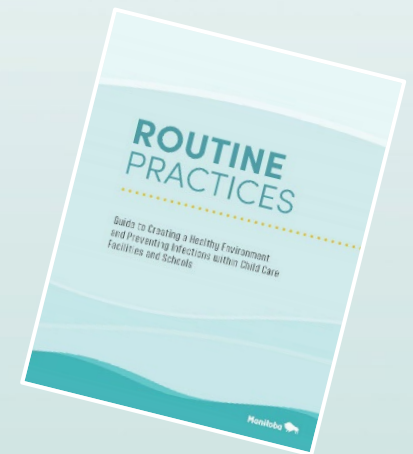


Routine Practices

Guide to Creating a Healthy Environment and Preventing Infections within Child Care Facilities and Schools

Manitoba Education and
Early Childhood Learning
Learning Module

*Used with permission from Winnipeg Regional Health Authority
Infection Prevention and Control*



This Routine Practices PowerPoint presentation is intended to provide staff working in the child care and school setting with basic infection prevention and control (IP&C) and public health information.

It is recommended that ALL STAFF do this training so they understand Routine Practices and the public health guidance to prevent and minimize the transmission of infection in the child care and school setting.



Importance of Prevention of Infection

- The COVID-19 pandemic **highlighted** the importance of IP&C and Public Health measures to prevent the spread of infection.
- Communicable diseases spread in child care facilities and schools due to the type of activities that occur (e.g., involving classrooms, play time, and children, students, staff, and other individuals' activities, environment, infrastructure).
- This led to the development of a document to provide guidance on preventing and minimizing the spread of communicable diseases in child care and school settings.

Infection Prevention and Control Measures

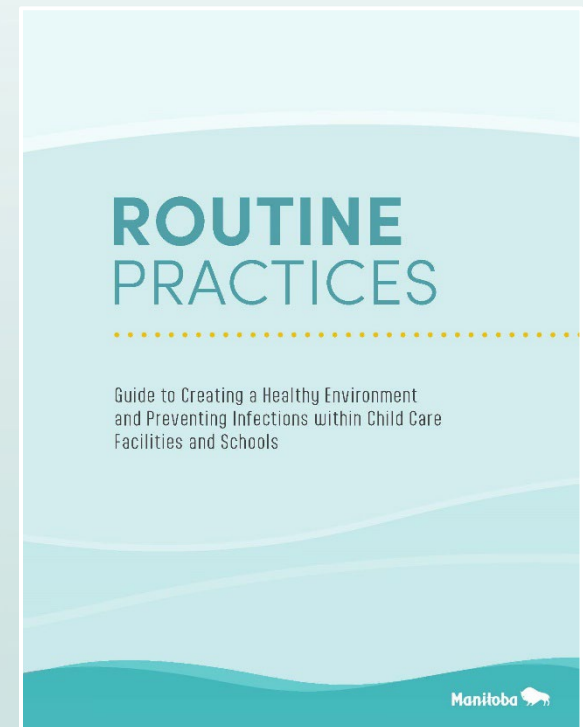
- IP&C measures are important to prevent the transmission of infection in child care facilities and schools.
- Elements of Routine Practices and additional IP&C measures all work together and are the foundation for preventing the spread of germs.
- These need to be followed and are equally important in preventing or reducing the transmission of germs in child care facilities and schools.



Routine Practices

What are they?

- **Routine Practices** are basic IP&C measures recommended by Manitoba Population and Public Health and Manitoba Education and Early Childhood Learning.
- Consistently following **Routine Practices** reduces the risk of transmission of infection.



Routine Practices

What are they?

- Point of care risk assessment (PCRA)
- Hand hygiene
- Source control
- Aseptic technique
- Personal protective equipment (PPE)
- Sharps safety
- Cleaning, sanitizing, and disinfecting learning materials and equipment
- Cleaning, sanitizing, and disinfecting a learning environment
- Dishwashing
- Laundering
- Education of children, students, families, and visitors
- Volunteer/visitor management

Role of the Child Care Facility/ School/Division

- Minimize the risk of exposure to—and the spread of—germs within the child care facility/school by following these measures and tools:
 - Organizational Risk Assessment (ORA)
 - Determine whether processes are in place for prevention of infection in their child care facility/school/division.
 - Determine whether these processes are regularly scheduled and ongoing.
 - Ensure consistent policies, procedures, and programs are developed/implemented.
 - Routine Practices and additional IP&C measures



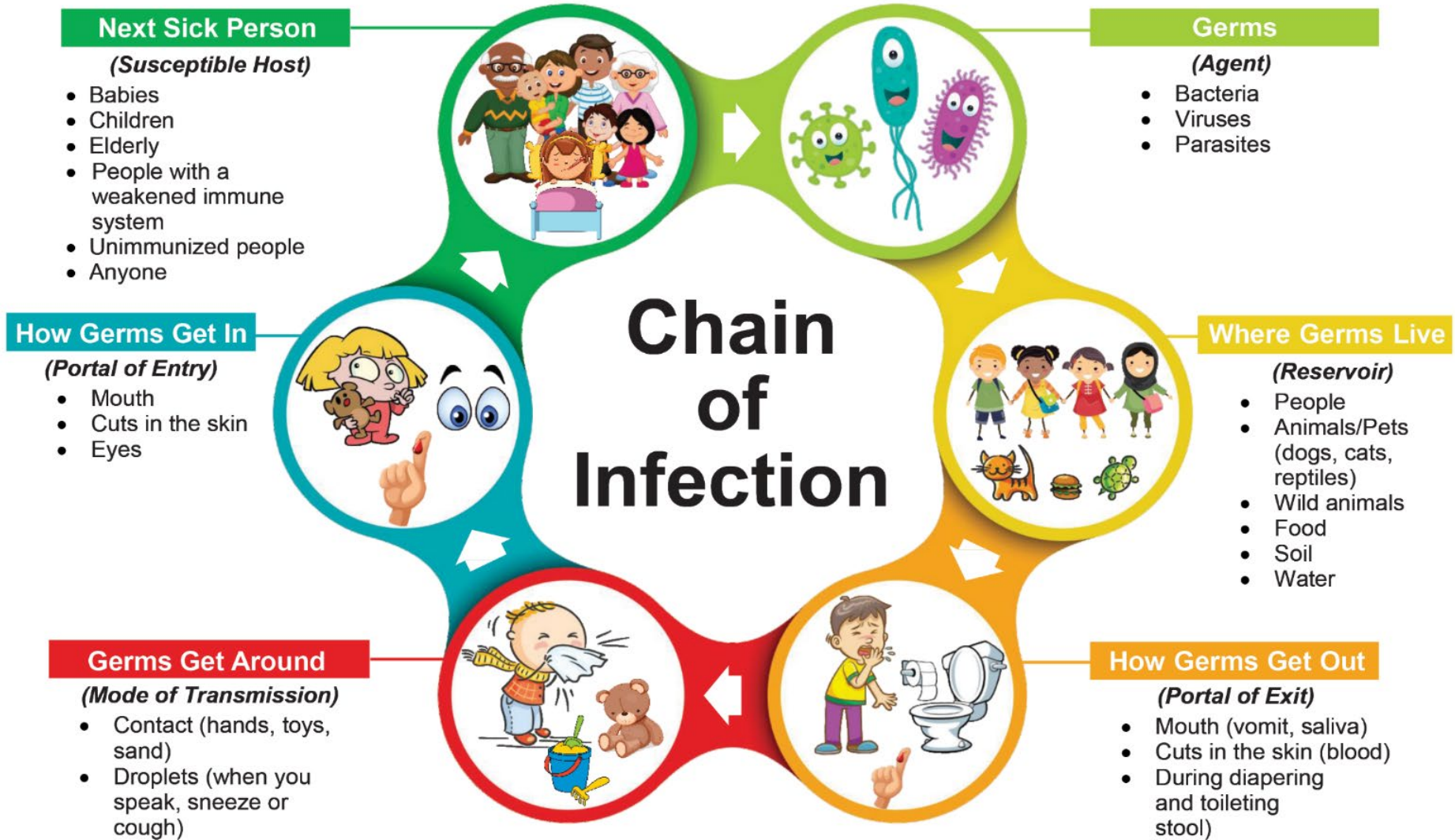
Role of the Child Care/School Staff

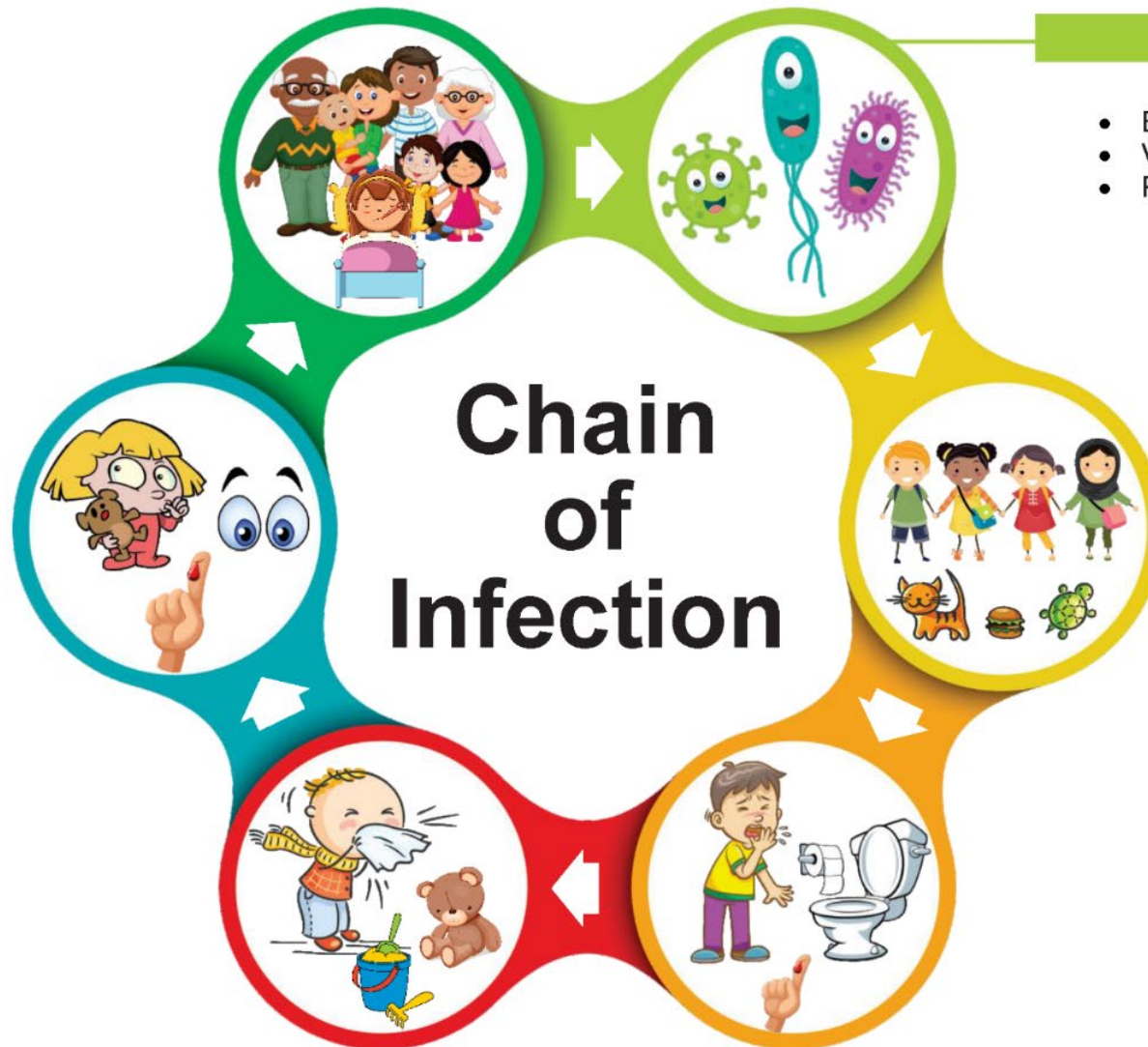
- Minimize the risk of exposure to and the spread of germs within the child care facility/school by following these measures and tools:
 - Following and practising Routine Practices and additional IP&C measures on an ongoing basis
 - Communicating back to administrators if there are any issues/concerns related to the spread of germs within the child care facility/school



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Germ

(Agent)

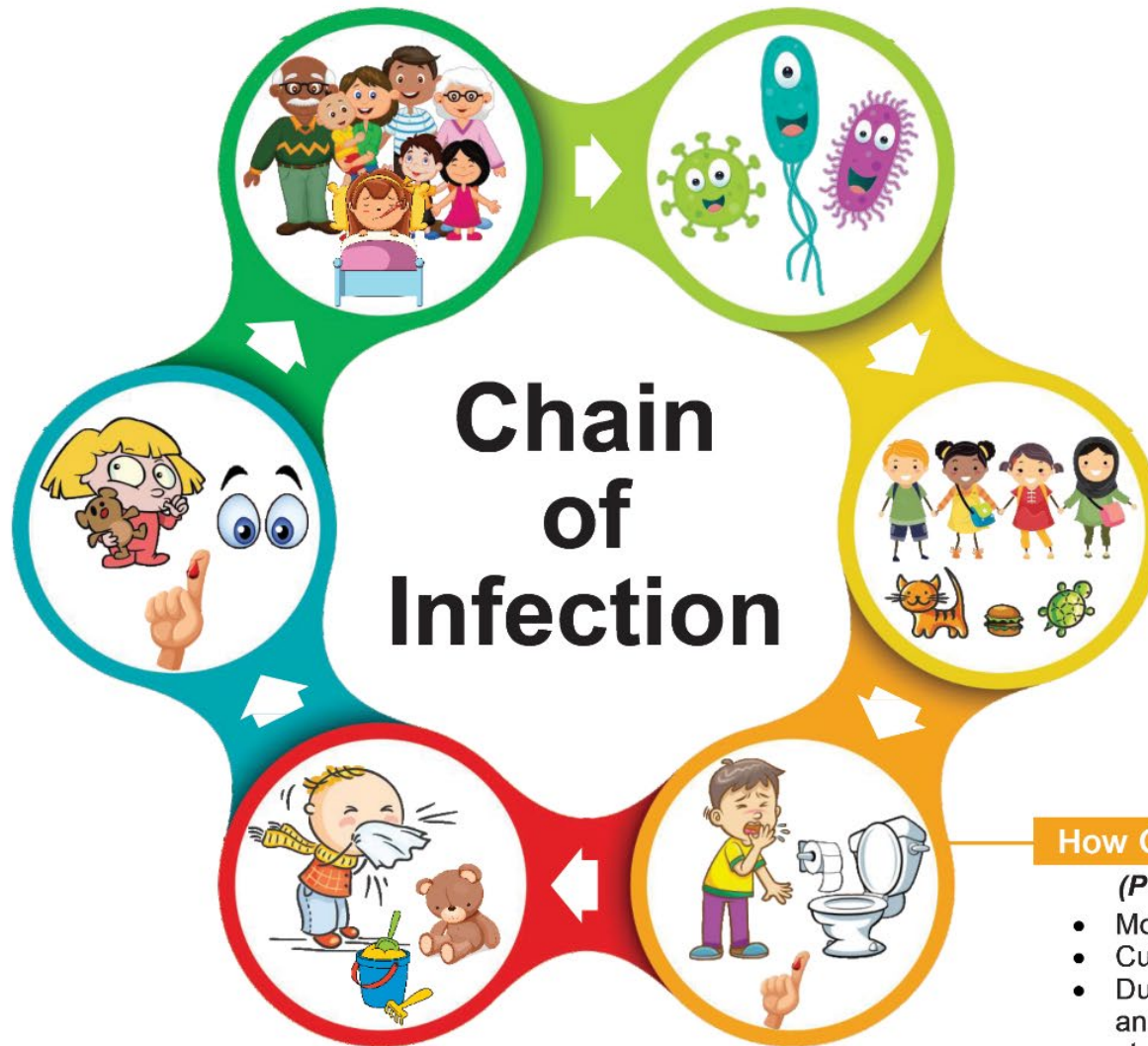
- Bacteria
- Viruses
- Parasites



Where Germs Live

(Reservoir)

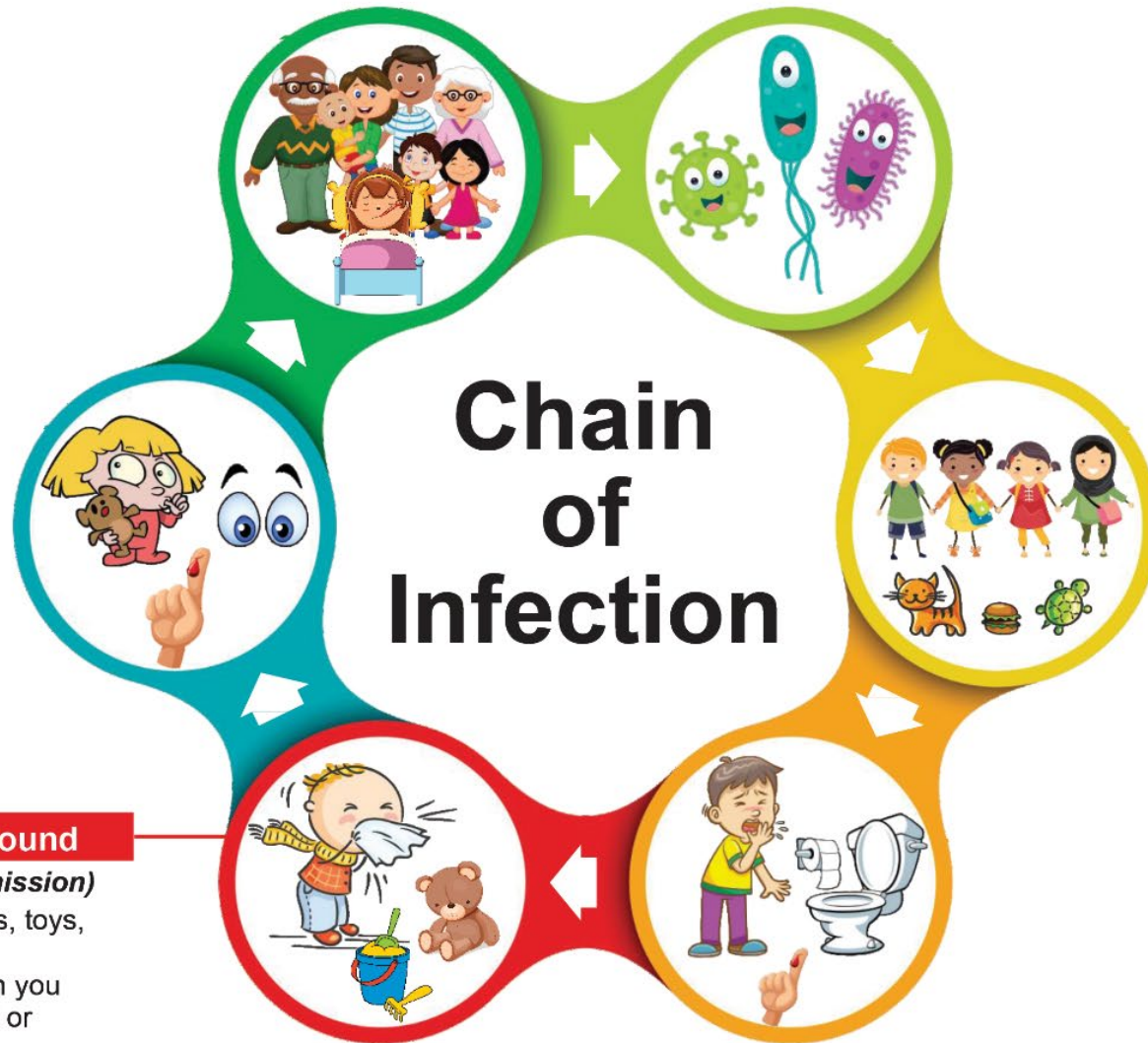
- People
- Animals/Pets (dogs, cats, reptiles)
- Wild animals
- Food
- Soil
- Water



How Germs Get Out

(Portal of Exit)

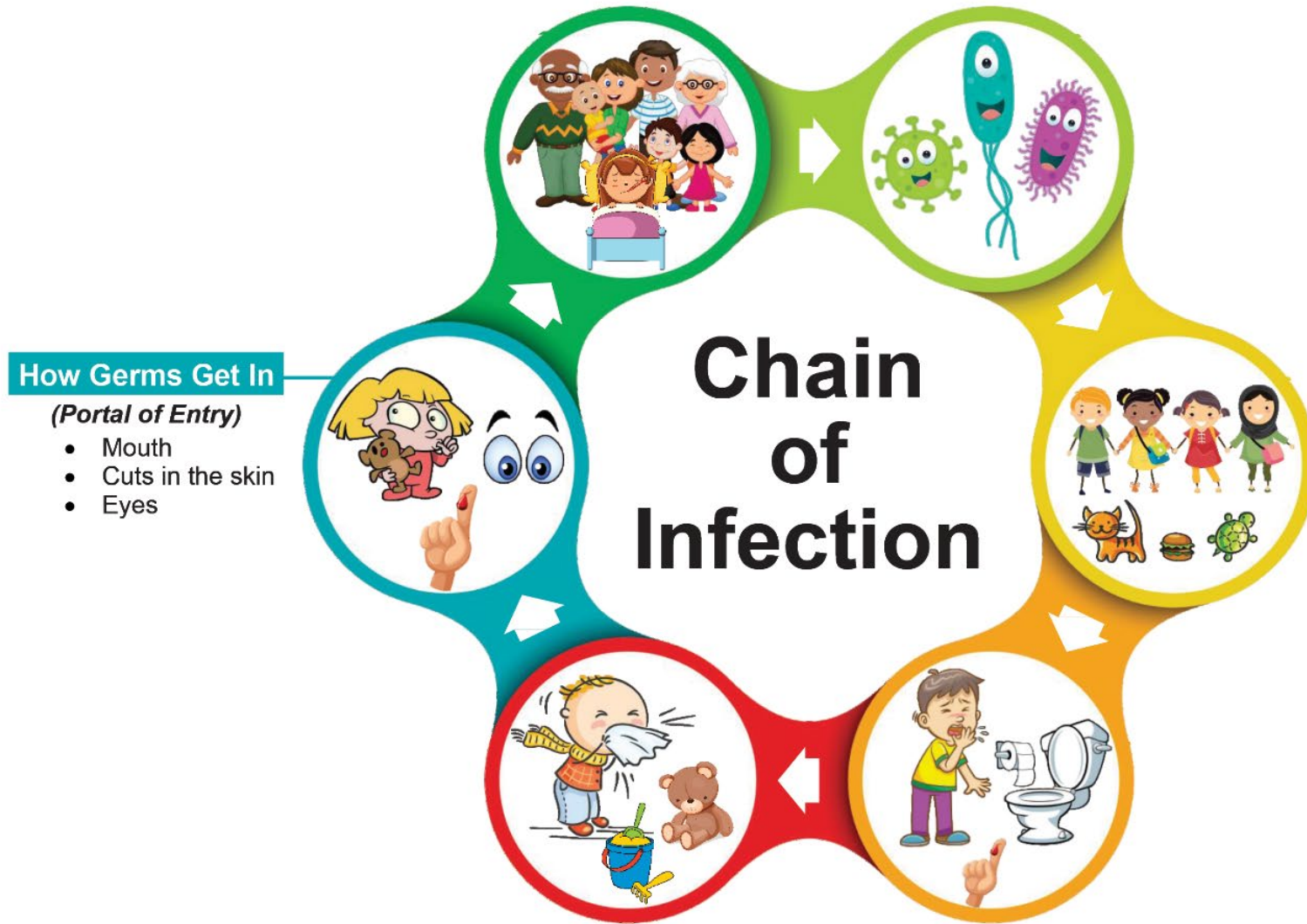
- Mouth (vomit, saliva)
- Cuts in the skin (blood)
- During diapering and toileting (stool)



Germs Get Around

(Mode of Transmission)

- Contact (hands, toys, sand)
- Droplets (when you speak, sneeze or cough)



How Germs Get In

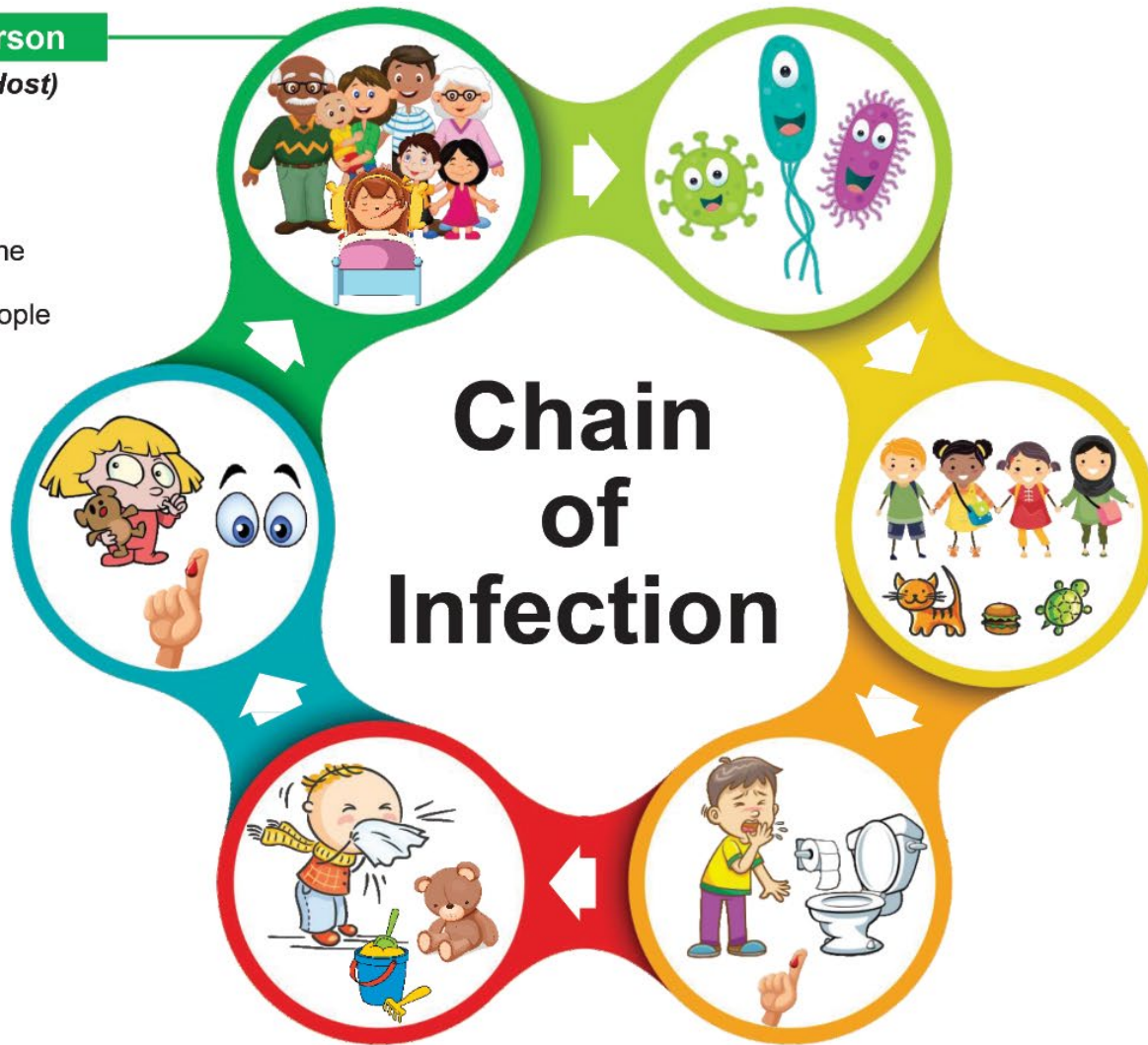
(Portal of Entry)

- Mouth
- Cuts in the skin
- Eyes

Next Sick Person

(Susceptible Host)

- Babies
- Children
- Elderly
- People with a weakened immune system
- Unimmunized people
- Anyone



Point of Care Risk Assessment (PCRA)

- PCRA should be performed by child care facility/school staff before each interaction with another staff member, child, student, or individual.
- Staff evaluate the likelihood of an exposure to an infectious agent (germ).
- Staff then choose the IP&C measures needed (e.g., performing hand hygiene, applying PPE) to minimize the risk of exposure for their safety and the safety of others in the child care facility/school.



A Point of Care Risk Assessment (PCRA) is to be performed prior to contact with every child, student, staff member, and visitor, every time.

Will my hands be exposed to body fluids or contaminated items?

Yes

WEAR GLOVES



Will my clothing or skin become soiled from splashes/sprays or contact with body fluids or contaminated items?

Yes

WEAR GOWN AND GLOVES



Will my face be splashed or sprayed with body fluids or be within 2 metres of a coughing or vomiting student, child, staff member, or visitor?

Yes

WEAR MASK



Will my eyes be splashed or sprayed with body fluids or be within 2 metres of a coughing or vomiting student, child, staff member, or visitor?

Yes

WEAR EYE PROTECTION



A Point of Care Risk Assessment (PCRA) is to be performed prior to contact with every child, student, staff member, and visitor, every time.

Will my hands be exposed to body fluids or contaminated items?

Yes

WEAR GLOVES



A Point of Care Risk Assessment (PCRA) is to be performed prior to contact with every child, student, staff member, and visitor, every time.



Will my clothing or skin become soiled from splashes/sprays or contact with body fluids or contaminated items?



Yes



WEAR GOWN AND GLOVES



A Point of Care Risk Assessment (PCRA) is to be performed prior to contact with every child, student, staff member, and visitor, every time.



Will my face be splashed or sprayed with body fluids or be within 2 metres of a coughing or vomiting student, child, staff member, or visitor?

Yes



A Point of Care Risk Assessment (PCRA) is to be performed prior to contact with every child, student, staff member, and visitor, every time.



Will my eyes be splashed or sprayed with body fluids or be within 2 metres of a coughing or vomiting student, child, staff member, or visitor?

Yes



Hand Hygiene

- The most common way germs are spread in a child care facility/school is from the hands of staff, children, students, or others.
- Hand hygiene is the single most important way to prevent the spread of germs. Clean hands with soap and water or alcohol-based hand sanitizer.
- Perform hand hygiene on a regular basis and when in contact with a person/item/environment that is considered contaminated/infectious.

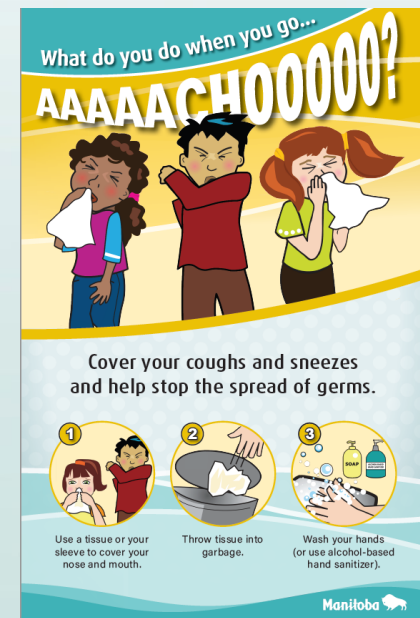


Source Control

- Source control is used to contain and prevent germs from spreading.
 - Policies and procedures should be implemented to develop a child care facility/school-wide approach.

Examples:

- Signage in child care facilities/schools
- Do not come to child care facility/school if feeling unwell
- Respiratory hygiene
- Child/student support space



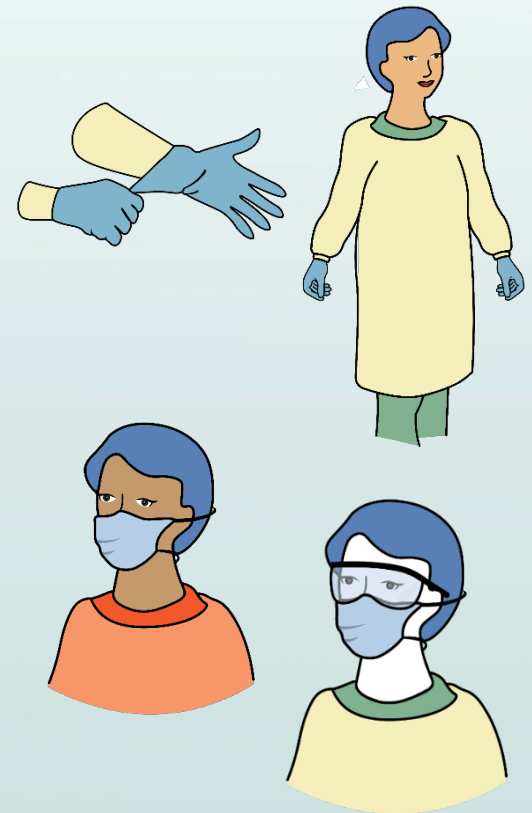
Aseptic Technique

- Aseptic technique is a practice that helps prevent the transfer of germs from one person to another during a medical procedure or while performing first aid. It involves
 - preparation of the skin prior to performing a medical/first aid procedure
 - using sterile bandages
 - hand hygiene
 - using disposable equipment/items once and disposing appropriately



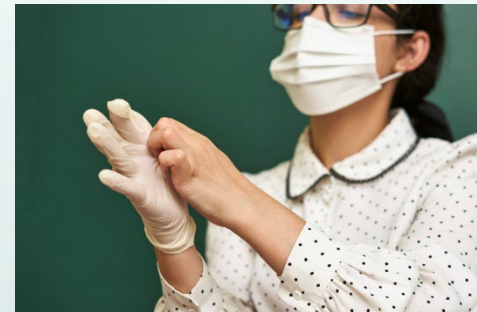
Personal Protective Equipment (PPE)

- PPE creates a physical barrier between individuals to minimize exposure and prevent the spread of germs. It includes
 - gloves
 - facial protection such as medical masks and eye protection (e.g., safety glasses, lenses/frames, or face shields)
 - gowns



Personal Protective Equipment (PPE)

- Use appropriately by putting on (donning) and removing (doffing) safely.
 - Donning
 - <https://sharedhealthmb.ca/files/covid-19-donning-ppe-poster.pdf> (English)
 - <https://sharedhealthmb.ca/files/covid-19-donning-ppe-poster-fr.pdf> (French)
 - Doffing
 - <https://sharedhealthmb.ca/files/covid-19-doffing-ppe-poster.pdf> (English)
 - <https://sharedhealthmb.ca/files/covid-19-doffing-ppe-poster-fr.pdf> (French)



Sharps Safety

- The following IP&C guidance should be followed when using medical sharps (e.g., needles):
 - Use safety-engineered devices (e.g., protected needle devices, syringes with safety features) whenever possible, as they reduce needlestick injuries. This is required under the Workplace Safety and Health Act.
 - Do not recap used needles.
 - Dispose of used needles and other single-use sharp items into a designated puncture-resistant sharps container at point of use.



Cleaning/Sanitizing/Disinfecting Learning Materials and Equipment

- The child care facility/school's role is to develop a schedule for cleaning/sanitizing/disinfecting and for determining who is responsible for performing these tasks.
- Frequently touched shared items (e.g., toys, manipulatives) should be cleaned and sanitized/disinfected on a regular and prescribed basis, and immediately when visibly dirty.
- Items that are unable to be cleaned and sanitized/disinfected must be discarded when visibly dirty (e.g., paper books).



Cleaning/Sanitizing/Disinfecting a Learning Environment

- The child care facility/school's role is to develop a schedule for cleaning/sanitizing/disinfecting and for determining who is responsible for performing these tasks.
- Frequently touched surfaces in schools (e.g., doorknobs, desks, lockers, cubbies, chairs, and food surfaces) should be cleaned and sanitized/disinfected on a regular and prescribed basis, and immediately when visibly dirty.



Dishwashing

- Germs can be transferred when dishware, cutlery, utensils, and pots are not properly washed and sanitized.
 - Proper dishwashing is critical in minimizing the risk of food-borne illnesses in child care facilities/schools.
- Two methods for cleaning and sanitizing dishware are
 - mechanical/machine dishwashing
 - manual dishwashing in a properly sized 3-compartment sink (wash, rinse, sanitize), or in a 2-compartment sink (limited food items—classroom celebrations, breakfast spaces)



Two-Sink Dishwashing Method



Three-Sink Dishwashing Method

Laundering

- Germs can be transferred when in contact with dirty linens and when they are improperly washed or handled.
- Wear gloves when handling dirty linens and perform hand hygiene after use.
- Do not shake dirty linens (shaking disperses germs).
- Store clean and dirty linens separately.
- Clean and disinfect laundry hamper and launder liner or use disposable liner.



Education of Children, Students, Staff, Families, and Visitors

- Staff/volunteers/residents in child care homes should receive training regarding information in the *Routine Practices* document.
- Children, students, families, and visitors should receive instructions regarding hand hygiene, respiratory hygiene, and additional Routine Practices and IP&C measures.
 - Instructions should be provided by the child care facility/school and their staff.
- Posters for the child care facilities/schools are available to download.

www.edu.gov.mb.ca/k12/routine_practices/index.html



Volunteer/Visitor Management

- Volunteers and visitors with symptoms of an illness should not visit the child care facility/school.
 - If a parent who is sick is required to come to the child care facility/school to pick up their child/student, they will be supervised and instructed in the precautions to take to minimize the spread of the illness. Staff could help the student/child be ready to leave and meet the parent at the entrance to reduce further transmission.



Additional IP&C Measures

- Diapering and toileting
- Food safety
- Pets and animals



Additional IP&C Measures

- Diapering and toileting:
 - Germs are easily spread through contact with bodily fluids (e.g., stool, urine).
 - To reduce the spread of germs, procedures that reduce contamination of hands and the surrounding surfaces should be in place.
 - Bathroom etiquette should be taught to children/students to encourage proper toilet/urinal use, flushing the toilet, and proper hand hygiene.



Additional IP&C Measures

- Food safety:
 - Proper food handling is important to ensure children/students, staff, and visitors within the child care facility/school do not become ill with a food-borne illness.
 - Child care facilities/schools that provide full menu meals for children/students, staff, and visitors in a cafeteria or canteen are required to follow all government food regulations.
 - Limited menus/food service providers should use safe food handling in
 - breakfast spaces
 - classroom celebrations
 - foods and nutrition classrooms



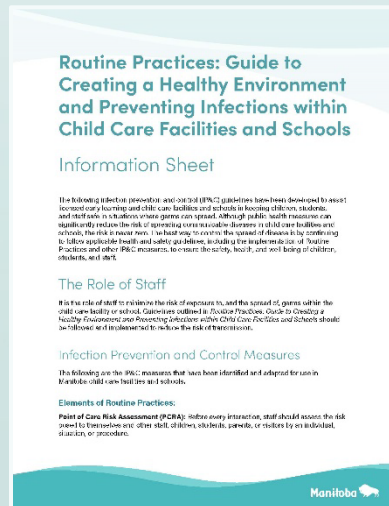
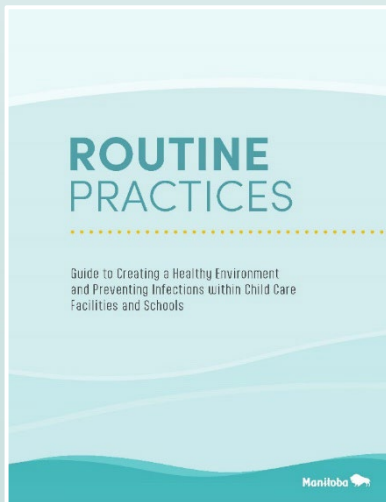
Additional IP&C Measures

- Pets and animals:
 - Many animals carry infectious diseases that can be passed through the environment, contaminated food, animal feces, scratches, or by touching the animal or cage.
 - The animal is the responsibility of the staff member who brings it into the child care facility/school. Ensure prior approval from your administrator/principal.
 - Children need to be supervised.
 - Hand hygiene is important.



Awareness of IP&C

- *Routine Practices: Guide to Creating a Healthy Environment and Preventing Infections within Child Care Facilities and Schools*
www.edu.gov.mb.ca/k12/docs/routine_practices/index.html
- Other Routine Practices learning tools and resources are available at
www.edu.gov.mb.ca/k12/routine_practices/index.html.



Routine Practices Quiz

- What should be performed by child care facility/school staff before each interaction with staff, children, students, or other individuals?
 - Point of Care Risk Assessment (PCRA)
- What is the single most important way to prevent the spread of germs?
 - Hand hygiene

Routine Practices Quiz

- What creates a physical barrier between individuals to minimize exposure and prevent the spread of germs?
 - Personal protective equipment (PPE)
- What is the role of child care facility/school staff?
 - Following and practising Routine Practices and additional IP&C measures on an ongoing basis.

Thank you