

# FAQ

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## Routine Practices: Guide to Creating a Healthy Environment and Preventing Infections within Child Care Facilities and Schools

### 1. What is the Routine Practices guide?

This document includes infection prevention and control guidelines that were developed to provide licensed early learning and child care facilities and schools with province-wide best practices for keeping children, students, and staff safe in situations where germs can spread.

They are based on current public health legislation, child care licensing legislation, and evidence-based health protection standards and practices.

### 2. Who should use the Routine Practices guide?

This document is to serve as a standard reference for staff of child care facilities, schools, school divisions, as well as boards of directors, public health inspectors, and child care coordinators, to help protect the health, safety, and well-being of children, students, and staff.

### 3. What can we do to prevent infection?

Everyone can help break the chain of infection and control the spread of communicable illness in child care facilities and schools through routine health practices, procedures, and policies. These practices are key to reviewing and implementing infection prevention and control measures to prevent the spread of germs and break the chain of infection.

## 4. What does PCRA stand for?

Point of Care Risk Assessment (PCRA) is an activity where children, students, staff, and visitors assess the likelihood of exposure to a germ and then choose the appropriate actions needed to reduce the risk of exposure. Find more information on PCRA at [www.edu.gov.mb.ca/k12/docs/routine\\_practices/docs/appendix\\_b.pdf](http://www.edu.gov.mb.ca/k12/docs/routine_practices/docs/appendix_b.pdf).

## 5. What are the ways to perform proper hand hygiene?

Hand hygiene is the single most important way to prevent the spread of germs and infection in child care facilities and schools. There are two methods of performing hand hygiene:

- handwashing with soap and warm running water
- using alcohol-based hand sanitizer

Handwashing with soap and water is the preferred method of hand hygiene. Find more information on hand hygiene at [www.edu.gov.mb.ca/k12/docs/routine\\_practices/docs/appendix\\_c.pdf](http://www.edu.gov.mb.ca/k12/docs/routine_practices/docs/appendix_c.pdf).

## 6. What is personal protective equipment?

Personal protective equipment (PPE) provides a physical barrier between individuals and/or contaminated items. PPE includes the following: gloves, facial protection (masks, eye protection, and masks with built-in protection), and gowns.

The use of PPE is the most visible infection prevention measure; however, PPE should not be relied on as a stand-alone primary prevention measure. Improper use of PPE (e.g., putting on and removing inappropriately) exposes the user to contamination. Find more information on PPE at [www.edu.gov.mb.ca/k12/docs/routine\\_practices/docs/appendix\\_d.pdf](http://www.edu.gov.mb.ca/k12/docs/routine_practices/docs/appendix_d.pdf).

## 7. What are the differences among cleaning, sanitizing, and disinfecting equipment? How often should we clean, sanitize, and/or disinfect?

Cleaning physically removes visible dirt, dust, crumbs, and germs from surfaces or objects. Cleaning will not necessarily kill the germs. Sanitizing is the lowering of the number of germs to a safe level. Disinfecting uses chemicals (disinfectants) to kill germs on surfaces and objects. Some common disinfectants are chlorine bleach and alcohol solutions.

For guidance on the frequency of cleaning, sanitizing, and disinfecting various surfaces, refer to the Cleaning, Sanitizing and Disinfecting Schedule at [www.edu.gov.mb.ca/k12/routine\\_practices/docs/charts.pdf](http://www.edu.gov.mb.ca/k12/routine_practices/docs/charts.pdf). Find more information on cleaning, sanitizing, and disinfecting equipment at [www.edu.gov.mb.ca/k12/docs/routine\\_practices/docs/appendix\\_e.pdf](http://www.edu.gov.mb.ca/k12/docs/routine_practices/docs/appendix_e.pdf).

## 8. How can I prevent food-borne illness in a child care facility or school?

Following proper dishwashing steps for washing and sanitizing reusable dishes is important in the prevention of food-borne illness. There are two main methods that can be used to clean and sanitize dishware:

- manual dishwashing in a properly sized three-compartment sink (wash, rinse, sanitize), or
- mechanical/machine dishwashing

Find more information on steps and guidelines for manual dishwashing and machine dishwashing at [www.edu.gov.mb.ca/k12/docs/routine\\_practices/docs/appendix\\_f.pdf](http://www.edu.gov.mb.ca/k12/docs/routine_practices/docs/appendix_f.pdf).

## 9. Why is it important to follow proper laundering procedures?

It is important to follow proper laundering procedures because germs can be transferred when in contact with dirty linens and when linens are improperly washed or handled. Find more information on laundering procedures at [www.edu.gov.mb.ca/k12/docs/routine\\_practices/docs/appendix\\_g.pdf](http://www.edu.gov.mb.ca/k12/docs/routine_practices/docs/appendix_g.pdf).

## 10. What can I do to prevent the spread of germs during diapering?

Some of the ways to reduce the spread of germs during diapering include keeping your diapering area clean and sanitary at all times, and ensuring the area is well ventilated. A complete list of guidelines for diapering procedures can be found at [www.edu.gov.mb.ca/k12/docs/routine\\_practices/docs/appendix\\_h.pdf](http://www.edu.gov.mb.ca/k12/docs/routine_practices/docs/appendix_h.pdf).

## 11. Does my child care facility or school require staff to have food handler certification?

Child care facilities that serve a full menu and schools with cafeterias within Winnipeg require staff who have successfully completed the food handler training course recognized by Manitoba Health. Outside the Winnipeg area, food handler training is highly recommended. Find more information on safe food handling at [www.edu.gov.mb.ca/k12/docs/routine\\_practices/docs/appendix\\_i.pdf](http://www.edu.gov.mb.ca/k12/docs/routine_practices/docs/appendix_i.pdf).

## 12. I would like to bring an animal into my child care facility or school. Which animals are allowed?

Staff should adhere to proper procedures when bringing pets and animals into the child care facility or school. Many animals carry infectious diseases that can be transferred to people.

A comprehensive list of animals that are allowed in child care facilities and schools can be found at [www.edu.gov.mb.ca/k12/docs/routine\\_practices/docs/appendix\\_j.pdf](http://www.edu.gov.mb.ca/k12/docs/routine_practices/docs/appendix_j.pdf).

## 13. Where can I find the posters and additional resources referenced in the Routine Practices guide?

Several tools and resources have been developed to support the Routine Practices guide. These tools and resources (posters, videos, and an information sheet) can be found on the Manitoba Education and Early Learning Routine Practices website at [www.edu.gov.mb.ca/k12/routine\\_practices/index.html](http://www.edu.gov.mb.ca/k12/routine_practices/index.html).