



Lindgren Child Care Center

Health Procedures

CENTER HEALTH PROCEDURES

Handwashing

The most important thing you can do to prevent the spread of illness is to wash your hands and the children's hands thoroughly and often.

How to wash your hands:

- Rub your hands together vigorously for at least 20 seconds using warm running water and soap (preferably liquid).
- Wash under fingernails, between fingers, back of hands, and wrists.
- Rinse your hands
- Dry your hands with a single-use paper towel or hot air blow dryer.
- For hand-held faucets, turn off water using a paper towel instead of bare hands to avoid recontamination of clean hands.

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Handwashing

When you should wash your hands:

- When you arrive at the Center;
- After you use the bathroom;
- After you change a diaper;
- After you handle items soiled with body fluids or wastes: such as blood, vomit, drool, urine, stool, or discharge from nose or eyes;
- After you clean up messes;
- After you handle a sick child;
- Before you prepare or serve food;
- Before you drink or eat..
- Before you feed a baby a bottle.

CENTER HEALTH PROCEDURES

Handwashing

When the children should wash their hands:

- When they arrive at the Center (use a diaper wipe for infants);
- After they have their diapers changed;
- After they have touched a child who may be sick or have handled soiled items;
- After they sneeze or use a facial tissue to wipe their noses;
- Before they play in water play;
- When they come in from the playground.

CENTER HEALTH PROCEDURES

Handwashing

- All staff are required to view this short video.
- www.cdc.gov/CDCTV/HandsTogether

CENTER HEALTH PROCEDURES

Temperatures/Fevers

Temperatures

Staff responses to illness:

- Note changes in behavior.
- Note changes in eating habits.
- Make child comfortable...remove clothes if hot or cover with blankets if he/she has the chills.
- Encourage liquids, unless child is nauseated.
- If child feels warm, take temperature with the thermoscan thermometer (this procedure will be taught during orientation)
- Inform director or person in charge of all temperatures.

CENTER HEALTH PROCEDURES

Temperatures/Fevers

Fever

- Take child's temperature to determine magnitude of the fever.
- If the fever is above 100°F, parents will need to be notified, as child needs to go home.
- Make child comfortable- remove clothes if hot or cover with blankets if he/she has chills.
- Encourage water unless child is nauseated.

Procedures for Parental Notification

- Parents are notified according to their class schedule on file if their child becomes ill, or has a serious accident. The director or person in charge will call the department office where the student's class is and leave a message that the student/parent report in person to the Child Care Center IMMEDIATELY.

CENTER HEALTH PROCEDURES

Sick Children

The following guidelines are given to parents indicating when the child should remain at home:

- The child's temperature is at 100 F or above.
- The child has any communicable infectious disease such as measles, mumps, chicken pox, bronchial or strep infections.
- The child has profuse yellow or green nasal discharge or discharge from the eyes or ears. A profuse discharge is one which the nose needs to be wiped every 3 – 5 minutes.
- The child has any infectious diseases or rashes such as active fever blisters, thrush, or impetigo.
- The child has any intestinal disorder accompanied by diarrhea, vomiting, or nausea.

The center has NO FACILITIES to care for sick children. Therefore, each parent must make other arrangements for children when they are ill. Parents and staff members will be notified verbally and by note of infectious diseases as they occur. In case of accident, procedure for emergency medical care will be to call 911 (from the center phones 9-911). Teachers are required to have First Aid training, and will proceed accordingly. Teachers will administer medicine ONLY for a life threatening condition. Parents may periodically come into the center to give their child medications.

CENTER HEALTH PROCEDURES

Sick Children

Care of Ill Child Until Parent Arrives

Child may be made as comfortable as possible in an isolated area where he/she may be observed by staff in the center. A cot or crib will be placed in the area and the child told to lie down and rest until the parent arrives. Water may be given, and damp cloths used to comfort fever.

CENTER HEALTH PROCEDURES

Burns

Mild burns (redness, pain, unbroken skin) resulting from fire, scalding , or sun:

- Rinse affected area with cool water
- If blisters develop, do not break. Immerse in cool water, blot dry; loosely cover with sterile gauze.
- Do not apply ointment, grease, or spray.

Intermediate burns (redness, severe swelling, blisters, "wet" appearance to skin):

- Rinse affected area with cool water
- If blisters develop, do not break. Immerse in cool water, blot dry; loosely cover with sterile gauze.
- Do not apply ointment, grease, or spray.

Severe burns (charred skin):

- Activate 9-911.
- Treat for shock.

CENTER HEALTH PROCEDURES

First Aid

Bumps and Bruises

- Apply ice pack to the affected area
- For blows to the head: apply cold compress or boo bunny. Watch the child for signs of unresponsiveness, drowsiness, and/or uneven pupil size. If any of these occur, call 9-911 and parents.
- Bumps or cuts of mouth or tongue, have child rinse mouth with cold water, and suck on a Popsicle if necessary.

Small Cuts/Scrapes/Abraisions

- Wear gloves
- Wash the area with soap and water, pat dry.
- Cover with band-aid if child desires.

CENTER HEALTH PROCEDURES

First Aid

Bleeding Control (deep cuts)

- Wear gloves
- Apply direct pressure to the wound with a clean cloth or gauze
- Elevate the wounded limb
- Apply pressure to the appropriate pressure point (with flat fingers on an arm and the heel of the hand on a leg)
- Add more cloth if needed
- If bleeding does not stop, call 9-911 for emergency assistance, call parents, and if not started, treat for shock.
- **For puncture wounds, report to parents in case anti-tetanus shots are needed.**

CENTER HEALTH PROCEDURES

First Aid

Bites

People bites: wear gloves

- Immediately wash the bite with lots of soap and warm water
- People bites frequently swell, so you may want to apply cold compress as well.

Bee Stings: remove the stinger by scraping it away with a plastic driver's license or I.D. card.

- Wash wound
- Check child's Registration Form for notes about allergic reaction
- Apply cold pack
- Watch for signs of allergic reactions, call parents anyway.

Wood Ticks: remove wood tick by pulling out, making sure to grasp tick immediately next to skin to pull out head.

- Wash area well with soap and water
- Tape the tick to the accident report for the parent, so they can have it for their own identification and information.

Bug bites: Wash with soap and water, apply cold compress to welts.

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First Aid

Nosebleeds

- Wear gloves
- Seat the child, leaning forward or at least with head forward
- Pinch both nostrils against bridge of nose
- If bleeding continues and/or if there is another nasal injury, inform lead staff and/call parents and/or 9-911 if bleeding is severe and persistent.

CENTER HEALTH PROCEDURES

First Aid

Objects in the eye

- Dissuade or prevent the child from rubbing the affected eye.
- Flush the eye out with lots and lots of warm water.

Slivers

- Remove sliver with tweezers
- Wash area with soap and water
- Apply band-aid if child wants

Sunscreen

- Apply center sunscreen before children go outdoors.
- You may wish to apply to yourself as well.

CENTER HEALTH PROCEDURES

First Aid

Poisoning - Call Poison Control 1-800-222-1222

Swallowed

- Remove anything in the mouth.
- Medicine - call the Poison Control Center for further instructions.

On the skin

- Remove contaminated clothing
- Flush entire area with running water
- Save the container of substance
- Call the Poison Control Center for further instructions.

In the eye

- Flush eye with lukewarm water poured from inside corner of eye (next to nose) to outside (so the poison won't be spread to the other eye) for 10-15 minutes; you should gently hold the eyelid open.
- Save the container of substance
- Call the Poison Control Center for further instructions

Inhaled

- Get child to fresh air as soon as possible (rescuer is also at risk).
- Seal and save container, if appropriate.
- Call the Poison Control Center for further instructions

CENTER HEALTH PROCEDURES

First Aid

Medical Emergency

- On occurrence of accident or injury, the child will receive First Aid as necessary. If the emergency is immediate, 911 will be called and the parent will be notified. An accident report will be filed according to center policy.

Serious Injury, Fire, or Death

- All serious injuries, fire, or deaths will be reported to the appropriate county and state Department of Human Services personnel by director.

CENTER HEALTH PROCEDURES

First Aid

Accident reports must be written for each incident. Accident reports may be found in the office near the receptionists phone. Place the yellow copy in the child's cubbie or locker, and place the original in file on receptionists desk.

Health Procedures

- Please know that all information within this slide will be covered within another first aid course that you will complete during the first weeks of class.