

# Casino West Public School Preschool

## Localised Procedure



### Dealing with Infectious Diseases

Reviewed: 02/06/2021 Next Review: 02/06/2022

| Education and care services regulation/s                         | NSW Department of Education policy, procedure or guidelines  | National Quality Standard(s)   | Preschool Guide reference | School policy or procedure, where applicable |
|--|--|--|---------------------------|--|
| <p><u>Regulations 88</u></p> <p><u>Regulation 168 (2)(c)</u></p> | <p>The following department policies and relevant documents can be accessed from the preschool section of the department's <a href="#">website</a>:</p> <ul style="list-style-type: none"> <li>• Student Health in NSW Public Schools: A summary and consolidation of policy PD/2004/0034/V01</li> <li>• Infection control procedure</li> <li>• Infectious diseases information</li> </ul> | <p><b>2.1.2: Health practices and procedures</b></p> <p>Effective illness and injury management and hygiene practices are promoted and implemented.</p> <p><b>7.1.2: Management Systems</b></p> <p>Systems in place to manage risk and enable the effective management and operation of service.</p> | <p>Page 55</p>            |  |

Preschool staff are responsible for helping children who have health support needs. This may include giving them prescribed medications, first aid (including emergency care), temporary care when they are sick, performing health care procedures and developing individual health care plans if required.

#### **Infection Control**

When children attend preschool their exposure to infectious conditions may increase simply because they have age-characteristic behaviours that help spread infection. They may also be exposed to other children who are contagious without recognisable symptoms. Therefore, children need guidance and support to develop good hygiene habits such as handwashing.

The use of detergent or soap and water when doing basic cleaning such as wiping table surfaces and/or toys, and wearing gloves when required can reduce the risk of spreading infection amongst children, staff and visitors.

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The Regulations highlight the need to minimise health risks for young children by using appropriate health and hygiene practices. Regulation 77 (2) The nominated supervisor of an education and care service must implement, and ensure that all staff members of, and volunteers at, the service implement – (a) adequate health and hygiene practices; and (b) safe practices for handling and storing food – to minimise risks to children being educated and cared for by the service.

***The National Health and Medical Research Council and the Department's Standard Precautions for Infection Control recommend ways to reduce health risks which are exercised at Casino West Public School Preschool: -***

- Use of colour-coded cleaning cloths for different areas and cleaning uses ensuring all staff are aware of the code.
- Tissues, face cloths or cloth towels are not used for more than one child.
- Tissues are used when wiping a child's nose, after wiping a child's nose, wash hands thoroughly with soap and warm water, or use an alcohol-based hand rub.
- If used, gloves, paper towels and tissues are disposed of immediately.
- Children do not share sheets, cloth towels or other personal items.
- Hand basins are not used for food and drink preparation or rinsing soiled clothing.
- Care is taken with all bodily fluids, secretions and excreta.
- Disposable gloves are used when dealing with bodily fluids, secretions or excreta.
- Hygiene procedures are displayed in bathrooms, staffroom and toilet areas.

## **Handwashing**

Handwashing, including drying hands, is one of the most effective ways of preventing the spread of infection. Handwashing at Casino West Public School Preschool is encouraged:

- On arrival at the preschool
- After going to the toilet
- Before and after helping children with toileting (which may include nappy changing)
- Before and after giving first aid
- Before giving medication
- After wiping a child's nose
- Before and after eating or handling food
- After patting or touching animals
- Before preparing or cooking food
- Before and after using playdough
- Before and after applying sunscreen
- After contact with any bodily fluids, for example when toileting accidents occur or a child is sick
- When transitioning from the outside to the inside environment.

***When teaching children to wash their hands we exercise the following points: -***

- Use soap and running water
- Wash hands thoroughly while counting slowly from one to 15.
- Wash all parts of the hands including sides and between the fingers
- Rinse hands well to remove soap
- Dry hands with one paper towel and dispose of into the bin.

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## **Infectious Diseases:**

*The Education and Care Services National Regulations (regulation 88)* requires that an infectious diseases policy is in place that outlines the practices to be followed. Children suffering from certain infectious diseases will be excluded from attending preschool. Staff always refer to the current NSW Health guidelines on exclusion and follow standard infection control procedures. If a child is suspected of having an infectious disease, for example chicken pox, they will be isolated from other children, made comfortable and supervised by a staff member until collected.

If a child contracts a vaccine-preventable disease, the Preschool Teacher will contact the child's parents/carers and the nearest public health unit if necessary. The teacher will then notify the Nominated Supervisor (Principal) who will make a notification to the regulatory authority if necessary. All parents must be told of any outbreak of an infectious disease at the preschool and asked to keep children with infectious diseases at home for the appropriate timeframe. This information can be found in the NSW Health fact sheet, Infectious Diseases of Children at <http://www.health.nsw.gov.au/factsheets/infectious/childhoodillness.html> The child must also get a medical clearance from a doctor before they return to preschool.

Parents should be encouraged to tell the class teacher if a family member has an infectious disease, as this can help reduce the risk of the infection spreading to others. Preschool staff will ensure that parents from culturally and linguistically diverse backgrounds are given information in their first language if necessary.

## ***Standard Precautions for Infection Control***

Standard Precautions for Infection Control should be used by all staff, students, visitors, volunteers and contractors to reduce the risk of transmission of infectious diseases during care procedures.

### ***What are standard precautions?***

Standard Precautions in the workplace involve the use of safe work practices and protective barriers for the control of the spread of infection from both recognised and unrecognised sources of infection. It is not possible to reliably identify sources of infections or communicable diseases, therefore it is necessary to presume that the blood (including dried blood) and body substances of all persons be considered as potential sources of infection independent of diagnosis or perceived risk.

### ***When do I use standard precautions?***

Standard Precautions must be used before and after care procedures, when providing first aid, when handling and disposing of sharps and contaminated material and when handling animals and potentially infectious agricultural substances.

### ***There is a potential risk of infection when exposed to:***

- Blood, including dried blood;
- All other body fluids, secretions and excretions, including saliva and mucous but excluding sweat;
- Broken skin;
- Mucous membranes e.g. mouth and nose.

### ***What do I need to do?***

#### **1. Use good hygiene practices**

- Wash your hands after any contamination, following any care procedure and after any activity which involves contaminated substances whether or not gloves are worn.

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## 2. Take care of your skin

- Take care of your skin as it is the first barrier to disease and protect damaged skin by covering with a waterproof dressing or by gloves.

## 3. Use good handling and disposal procedures

- Minimise contact with potentially infectious substances by using personal protective equipment such as gloves, aprons, masks or goggles.
- Ensure that reusable equipment such as that used in first aid provision is cleaned after use and single use items are discarded after use.
- Follow the Department's procedures when handling and disposing of sharps and use a suitable sharps container.
- Dispose of other contaminated or infectious waste, such as from first aid or care procedures, in a plastic bag which is tied securely into a bin which children do not have access.
- Contain all blood and body fluids i.e. confining spills, splashes and contamination of the environment.
- Clean up spills promptly.

## 4. Take prompt action if contact is made with blood or body fluids

- Wash skin with mild soap and water, rinse eyes with water, rinse your mouth and spit out.

### **Breathing, Blowing, Coughing Program (BBC Program)**

The BBC program was developed by Ruth Barker, a physiotherapist from Alice Springs. It is a strategy used in schools throughout Australia. This program is effective as it actually reduces the causes of Otitis Media such as a cold, flu and asthma by improving the health of the respiratory tract.

Using the Valsva Method (holding nose and blowing air in mouth with the lips shut until the ears pop) assists in exercising the Eustachian tube. This method will improve the Eustachian tubes ability to drain any fluid in the middle-ear space.

*Our 'Healthy Kids'- Blowing, Breathing, Coughing (BBC) Program;*

- First I blow my nose. One side, then the other side
- Then I check if it's empty
- Then I hold my nose and blow my nose to pop my ears
- Then I take 5 deep breaths and have 2 big coughs
- I do 10 star jumps
- Then I take 5 deep breaths and 2 big strong coughs again
- I run around the big tree in the playground
- Then, last of all, I empty my nose, I pop my nose and have a big cough. That's all.

### **Nappy changing and other toileting procedures:**

*Equipment for nappy changing should include:*

- Disposable gloves
- Storage space for clean nappies and other necessary supplies
- Disposable wipes
- Paper towels

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- Plastic bags for soiled clothes
- Bin for disposal of nappies, wipes, paper towels and gloves. (available from contractors supplying sanitary napkin disposal units. The choice of contractor is a school-based decision)

## ***When changing nappies, the following procedures are to be used:***

- Disposable change table liner should be used for each change.
- Disposable gloves should be worn
- Children should be wiped with disposable wipes
- Paper wipes, gloves and nappies should be disposed of into an appropriate bin.
- Children's hands should be washed after each nappy change
- Children should not be left unattended
- Adult's hands should be washed before putting on and after taking off gloves

**NOTE:** If children are still wearing nappies parents should provide nappies, disposable wipes and any creams that the child needs. Disposable nappies should be used to aid in infection control.

## ***A good practice guide for spilt urine or faeces and cleaning children after wetting or soiling themselves when cleaning spilt urine or faeces:***

- Wear gloves
- Place paper towel over the spill and carefully remove paper towel and contents
- Place the paper towel and gloves in a plastic bag, seal the bag and put in the rubbish bin
- Put on new gloves and clean the surface with warm water and detergent and allow to dry
- Use disinfectant after cleaning if the spill came from a child suspected of having an infectious disease
- Remove and discard gloves
- Wash hands thoroughly with soap and warm water

## ***If a child needs cleaning after wetting or soiling themselves the following procedures apply:***

- Wear gloves and use pre-moistened disposable wipes
- Wet paper towels may be used as an alternative
- Ensure running water is used to wet the towels (not a bowl or sink full of water) and that towels are only used once
- Dispose of paper towels
- Place soiled clothes in a sealed plastic bag for parents to take home
- Remove gloves, discard them and wash hands thoroughly with soap and warm water
- If mopping is required, then the use of the red mop and red bucket with detergent and warm water is sufficient.

## **Consider these things:**

- Wellbeing Appendix 2.1 *Standard Precautions for infection control*
- Wellbeing Appendix 2.3 *Nappy Changing and other toileting procedures*
- Wellbeing Appendix 2.4 *A good practice guide for split urine or faeces and cleaning children after wetting or soiling themselves*