5 useful actions to prevent infections in childcare centres

1 MONITOR SYMPTOMS AND ACT QUICKLY

- Often remind everyone to inform the childcare centre as soon as a child or staff member is sick.
- Send a child home if he or she is experiencing at least 1 of the following:
  - Has a fever 1 hour after taking a medication to reduce it (e.g. :Tylenol or Tempra);
  - Is unable to do the activities;
  - Has vomited at least twice;
  - Has heavy diarrhoea* or blood in the stools;
  - Has sores that are oozing pus and can't be covered over;
  - Has a rash and a fever;
  - Has a doctor's recommendation to stay home.
- Send home any staff member who has a fever.
- Make sure that any adult who has a cough, sore throat or stuffy nose wears a mask.

Vaccination is always the most effective way to prevent many infectious diseases.

2 WASH YOUR HANDS OFTEN

- Often remind everyone to wash their hands.
- Identify locations to wash hands.
- In common areas (e.g., entrance and exit, play rooms, dining room), put up posters that show the steps of proper handwashing.

3 FOLLOW RESPIRATORY HYGIENE

- Often remind everyone to sneeze and cough into their elbow or a tissue (Kleenex).
- Put boxes of tissues (Kleenex) and garbage bins in multiple places.
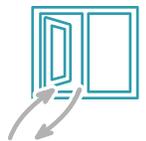
4 MAKE SURE THE SPACE IS CLEAN

- Clean and disinfect surfaces and objects that are handled often (e.g., doorknobs, tables, toys, floor).
- Clean the toilets and the kitchen every day.
- Follow the steps for changing diapers.

5 AIR OUT THE CHILDCARE CENTRE OFTEN

- Open windows as much as possible.
- If possible, use an air exchange system.
- Play outdoors as often as possible.

Québec