

Lincoln-Lancaster County Health Department (LLCHD)

Gastrointestinal Illness Prevention Checklist For Child Care

You recently reported to LLCHD that your program has experienced 3 or more children and/or staff who are ill with diarrhea and/or vomiting illnesses. In an effort to minimize the number of children and staff becoming sick, the following procedures should be implemented during the illness outbreak.

DIRECTOR RESPONSIBILITIES

The Director monitors at least daily to ensure all the following measures are taken.

STAFF MONITORING

- Upon arrival, the Director specifically asks each staff person if they have had gastrointestinal disease symptoms (nausea, diarrhea, cramping, vomiting, fever) in the last 24 hours.
- Any staff person with vomiting or diarrhea (2 or more watery stools in a 24-hour period) should not care for children or prepare food for children in your care.
- A staff illness log is kept with names, dates, symptoms, and exclusion.

CHILD MONITORING

- Upon arrival, staff ask parents specifically if their child (children) has (have) had signs or symptoms of gastrointestinal illness (nausea, diarrhea, cramping, vomiting, fever) in the last 24 hours.
- Any child with gastrointestinal illness symptoms is excluded from care and directed to see a physician.
- If a child is excluded, staff remind parents that the child should not be taken to another child care setting.
- If a child becomes ill with vomiting or diarrhea while in care, the parent is called and asked to come and get their child. The child is kept separated from the other children until the parent arrives.
- Give parents information sheet regarding gastrointestinal illnesses.
- A child illness log is kept with names, dates, symptoms, and exclusion.

HAND WASHING

- Staff follow proper hand washing procedures (40 second wash).
- Children follow proper hand washing procedures (40 second wash).

Children's hands are washed:

- Upon arrival
- After diapering or using the toilet
- Before eating
- Before group activities/playtime
- After group activities/playtime
- Anytime hands become soiled
- Before going home

Staff's hands are washed:

- Upon arrival or entering a different classroom
- After using the toilet
- After changing a diaper or assisting with toileting
- Before handling food
- Before eating
- Before group activities/playtime
- After group activities/playtime
- Any time hands become soiled
- Before going home
- Before and after administering medication

DIAPERING AND TOILETING

- Staff follow proper diapering procedures.
- Disposable gloves are used when diapering.
- Gloves are properly removed and disposed.
- Staff follow proper hand washing procedures (even when gloves are worn).
- Diapering surfaces are disinfected after each diaper change.
- Diapering surface is not used for any other purposes.
- No food, toys, blankets, pacifiers, etc., are allowed in diapering/bathroom areas.
- Bathroom surfaces are disinfected between groups of children.
- ALL children's hands are washed thoroughly after diapering or using the bathroom.

TOYS AND ACTIVITIES

- Toys are cleaned and disinfected daily.

- Water tables and/or wading pools are not used.

FOOD

- Any person that prepares food is not involved in diapering children, assisting children in toilet training or going to the bathroom.
- Children and staff wash their hands before eating.
- Tables where food is served are cleaned and sanitized (1 teaspoon of chlorine in one gallon of water) before food is served.
- Children do not help with the preparation or serving of food.
- Home prepared food or treats are not shared with other children.
- Staff food preparers are not ill with gastrointestinal symptoms.
- Staff washes hands AND use food service gloves when preparing food.
- Staff washes hands AND use gloves or serving utensils when serving food.
- Sharing of cups, food, and utensils is not allowed.
- Finger-food, popcorn, or other similar foods are not served in a way that allows a child to touch food another child may eat.
- All food is served to the children by staff, using food service gloves. If the program typically serves food family style, stop the practice during the time of the illness outbreak.
- All food is kept at proper temperatures (hot food hot, cold food cold).
- Extra precautions are taken in the infant area to assure formula is not contaminated.
Formula should not be mixed with water from faucets where hands are washed. A kitchen sink faucet should be used and extreme caution should be taken to prevent the bottles from being shared or nipples becoming contaminated by contact with surfaces, floors, or other children.

GENERAL CLEANING, SANITIZING AND DISINFECTING IN OUTBREAK SITUATIONS

- Play surfaces are cleaned and disinfected after children have played on them.
- Faucet and door handles are cleaned and disinfected at least twice daily and anytime they become visibly soiled.
- Sleeping mats and/or cots are cleaned and disinfected daily.

CLEAN: Clean all surfaces with soap and warm water. Rinse.

CLEAN AND SANITIZE: Children's mouthed toys, food service areas, dishes.

To sanitize with chlorine bleach: [mixingbleachhandout.pdf \(ne.gov\)](#)

CLEAN AND DISINFECT: Bathrooms, diapering surfaces, doorknobs

To disinfect with chlorine bleach: [mixingbleachhandout.pdf \(ne.gov\)](#)

When using a commercial disinfectant read the label for directions AND check to make sure the product is effective against gastrointestinal diseases, especially norovirus.

For more information and additional resources: www.lincoln.ne.gov/health Search: child care health



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