

Health & Safety

Introductions

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Respiratory Illnesses

Common questions asked in a child care setting:

When to send a child home when they have a cough?

Constant cough, fever, interrupts daily activities, needs one on one attention, concerned about the child's breathing, wheezing

If the mucus is green, does that mean the child needs an antibiotic?

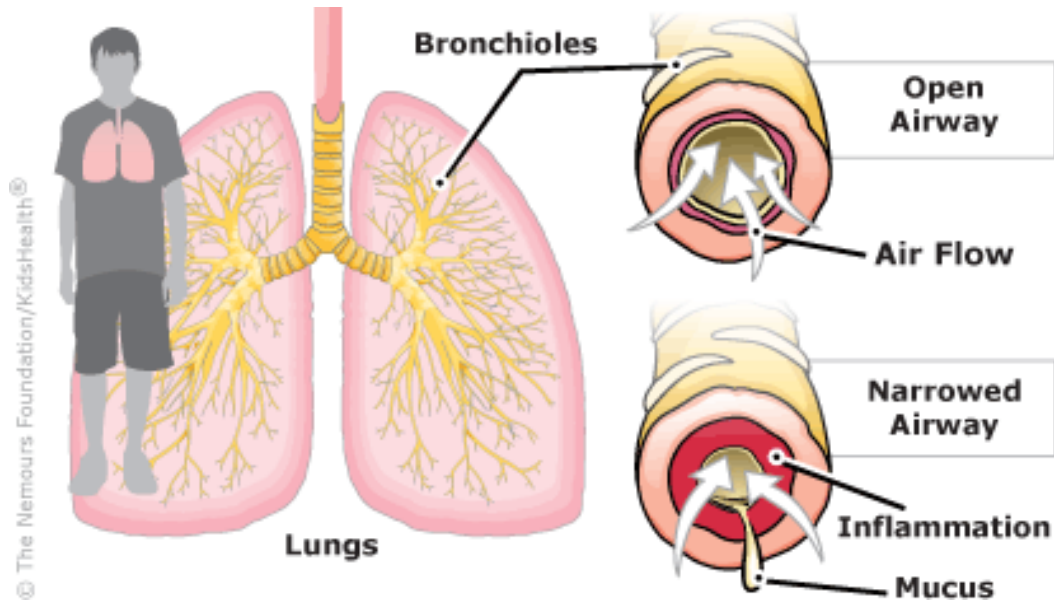
The color of the mucus changes overtime from clear to yellow to green. Runny stuffy noses can last 7-10 days. The longer the nose is stuffy the longer the more colorful your mucus will become. If it has been more than 10 days of constant green mucus then a visit to the doctor may be needed



Wheezing

- <https://www.youtube.com/watch?v=emnBHOZjkT0>

- High Pitched whistling sound when you breath
- Whistling sound happens when air moves through narrowed airways from inflammation or increase mucus



Croup

- <https://www.youtube.com/watch?v=s7qomuX0Gjw>

A upper respiratory illness that causes a distinctive barky cough

The barky cough is the result of swelling in the voice box (Larynx), windpipe (Trachea), and bronchial tubes (bronchi)

Usually worse first few days and as it improves the cough becomes more productive

If does not improve, can cause difficulty breathing
Stridor (high pitched sound when breathing in)
And labored breathing

Labored Breathing



RSV-Respiratory Syncytial Virus

- Respiratory illness that infects the lungs and breathing passages
- Symptoms: fever, cough runny stuffy nose, sorethroat, not eating or drinking
 - Can lead to bronchiolitis or pneumonia,
 - Difficulty breathing
 - Wheezing
 - Dehydration

What is Respiratory Syncytial Virus (RSV)?

RSV is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious, especially for infants and older adults.

Symptoms of RSV:



Coughing



Sneezing or
runny nose



Decrease in
appetite



Fever

Hand Foot Mouth Disease, Cocksackie

- Spreads through unwashed hands, feces, bodily fluids and fluids from the sores
- Child is contagious before the symptoms appear
- Can develop blisters, red sores inside the mouth, around the mouth, hands, feet, diaper area and sometimes on other parts of the body.
- Fever
- Irritable
- Painful Swallowing
- Contagious until fever free, 2-3 days from when the first sores have come out and be crusted over. This process can be anywhere from 3-5 days (and sometimes longer depending on the severity of the case



HAND, FOOT AND MOUTH DISEASE (HFMD)

What is HFMD?

- Common infectious disease
- Affect mainly children age less than 5 years (can also be up to 10 years)

What causes HFMD?

- Commonly caused by Enterovirus group including coxsackievirus A16, Enterovirus 71 (EV71) and echoviruses.

Symptoms



Painful sores in the mouth



Skin rash with red spots and sometimes with blisters on the palms of the hands and soles of the feet, buttocks and genital area



Poor appetite



Sore throat



Lack of energy



Fever

How does it spread to another person?

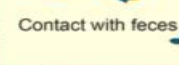


Close personal contact (e.g. blister fluid)

The air through coughing or sneezing (saliva, sputum or nasal mucus)



Contact with contaminated objects and surfaces.



Contact with feces

Preventive measures



Avoid close contact with sick people



Cover your coughs & sneezes



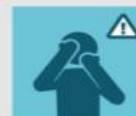
Frequent hand washing with soap and water



Clean and disinfect surfaces (toys, eating utensils, toilet floor)



Stay at home if you are sick



Avoid touching your face with unwashed hands



Eat nutritious & balanced diet

Brought to you by

Positive Parenting

Malaysia's Pioneer Expert-Driven Educational Programme



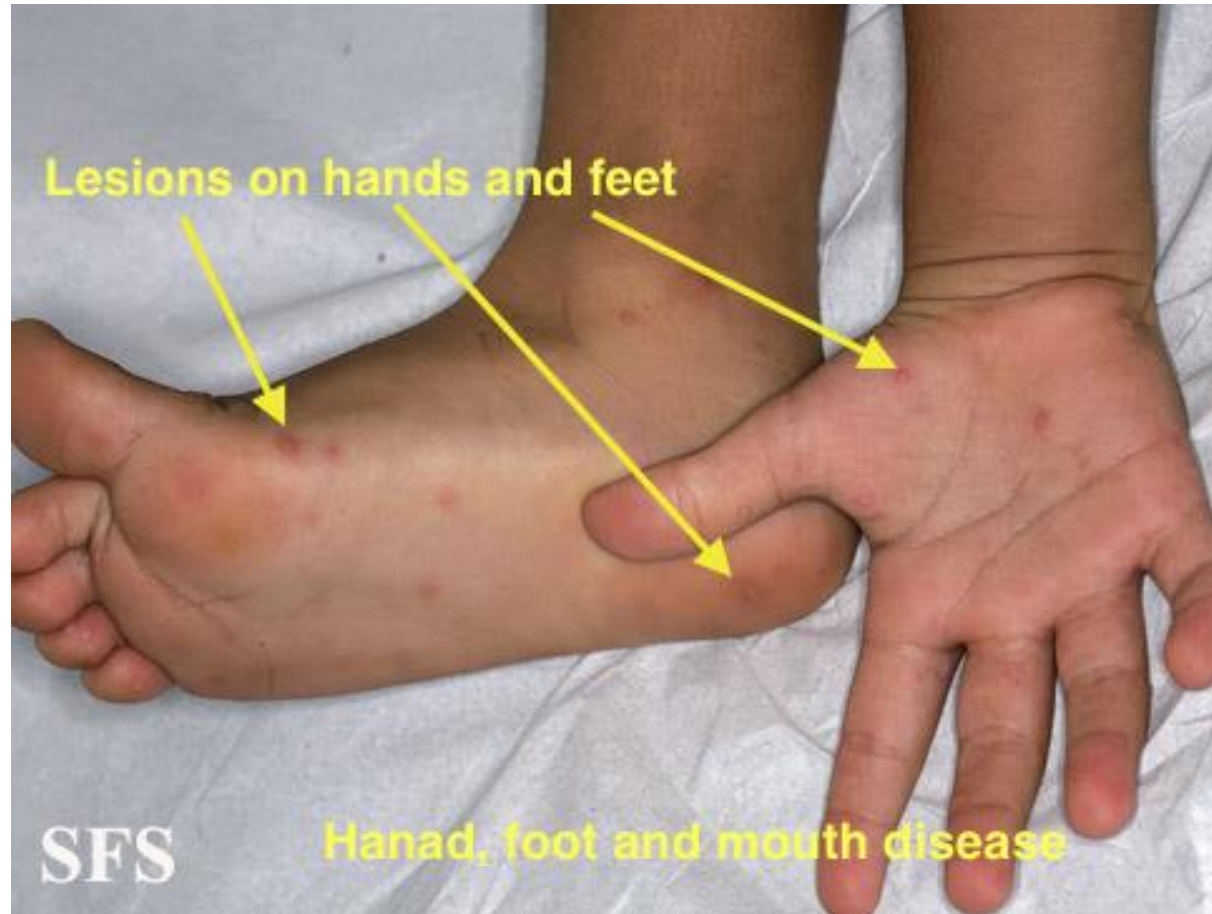
www.mypositiveparenting.org

Coxsackie

COXSACKIE (Herpangina)



Coxsackie on hands and feet



Sores on the hand



Outside of the mouth



Bottom of the feet



Not to be confused with HSV

Gingivostomatitis

- Also known as cold sores, fever blisters
 - Small blisters that form around the lips, mouth, chin, cheeks and nose
 - The blisters will ooze then crust over and heal in 1-2 weeks
 - They spread through saliva, skin-to skin contact, and touching an object infected with the virus
 - How to differentiate between HSV and Cocksackie?
 - HSV causes blisters in the front of the mouth , tongue or outer lips with swelling and redness of their gums. Does not spread to other parts of the body
- Cocksackie- Cocksackie can have some blisters on the tongue but the lesions generally are more in the back of the throat. And the vesicles can spread to the hands , feet and buttocks
- Both can cause fever, irritability , poor feeding. Both viral and very contagious so no antibiotic treatment indicated.

HSV- Herpes Simplex Virus

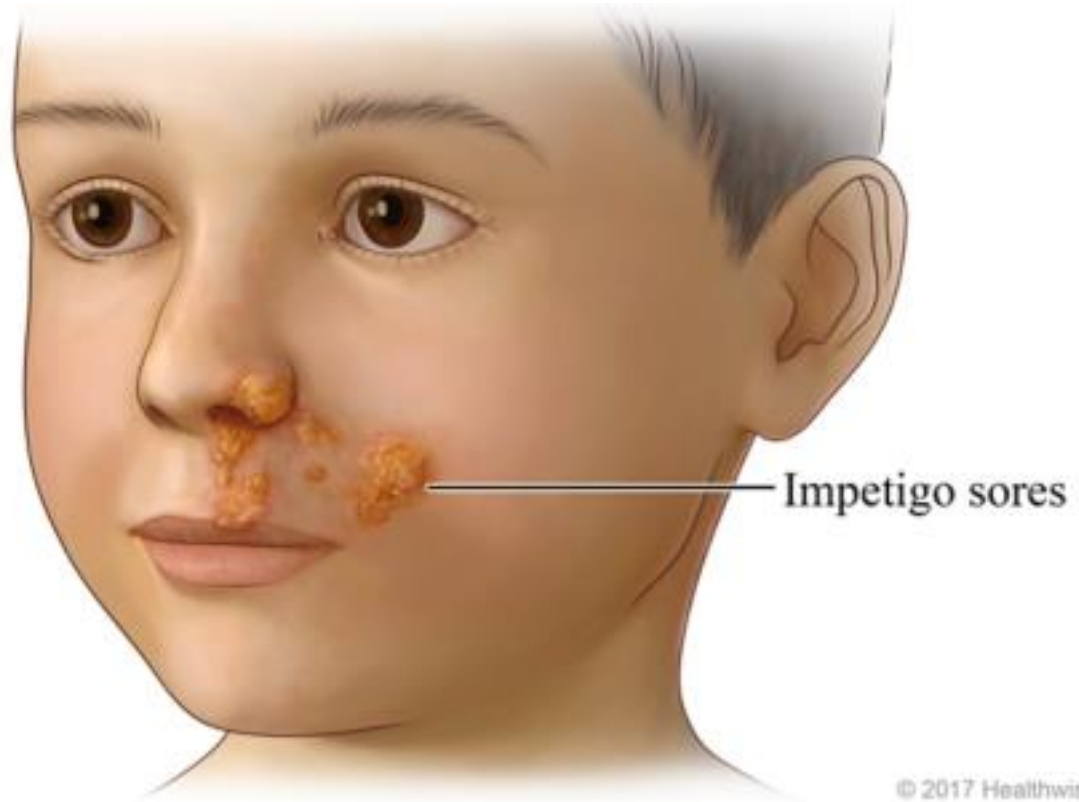


HSV Gingivostomatitis



Impetigo

- Common skin infection
- Can cause blisters or sores on the face hands legs and diaper area but most common around the nose and mouth
- Usually develops when the skin is already irritated from another problem such as cuts, scraps, poison ivy, insect bites
- Contagious from person to person by touching the infected skin or touching a infected surface
- Kids can spread the illness on other parts of the body by scratching the infected area then touching other parts of the body
- Treated with antibiotics; either ointment or oral antibiotics







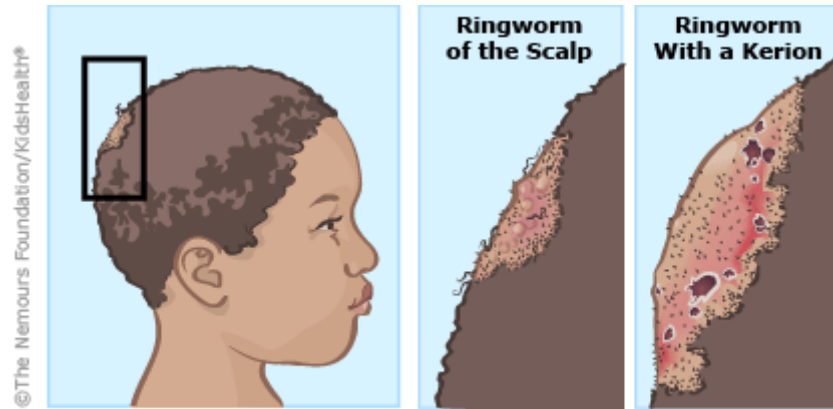
Ringworm

- Fungal skin infection
- **Ringworm on the skin** starts as a red, scaly patch or bump. Over time, it may look like one or more rings with raised, bumpy, scaly borders (the center is often clear). This ring pattern gave ringworm its name, but not every infected person has it. The skin may flake, peel, or crack, and it can itch, sting, burn, or feel uncomfortable.
- **Ringworm on the scalp** may start as a small sore that looks like a pimple before becoming patchy, flaky, or scaly. These flakes may look like [dandruff](#). It can make some hair fall out or break into stubble, leaving a bald spot. It also can make the scalp swollen, tender, and red.
- Contagious from person to person, animal to person
- The fungus thrives in warm moist places ex: showers, pools, nail tubs

Ringworm



Ringworm on the scalp



Sometimes a kerion will develop.
The medicine for tinea capitis will treat that too.

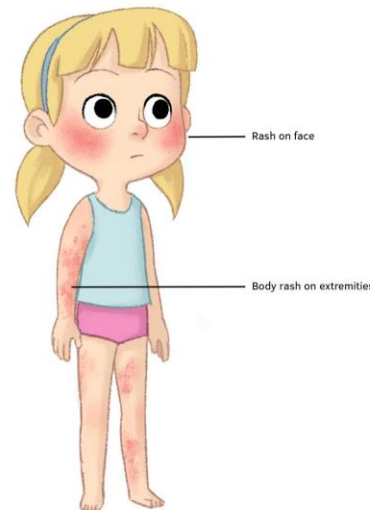


Ringworm on the nails



Fifth disease

- Viral illness most commonly seen in children
- Red “slap like” rash on cheeks followed by a lacy rash on the extremities and can last 1-3 weeks
- Begins with a possible fever, slight cold symptoms, not themselves or may not notice any symptoms until the rash presents itself.
- Contagious before the rash appears. Once the rash has broken out the child is no longer contagious

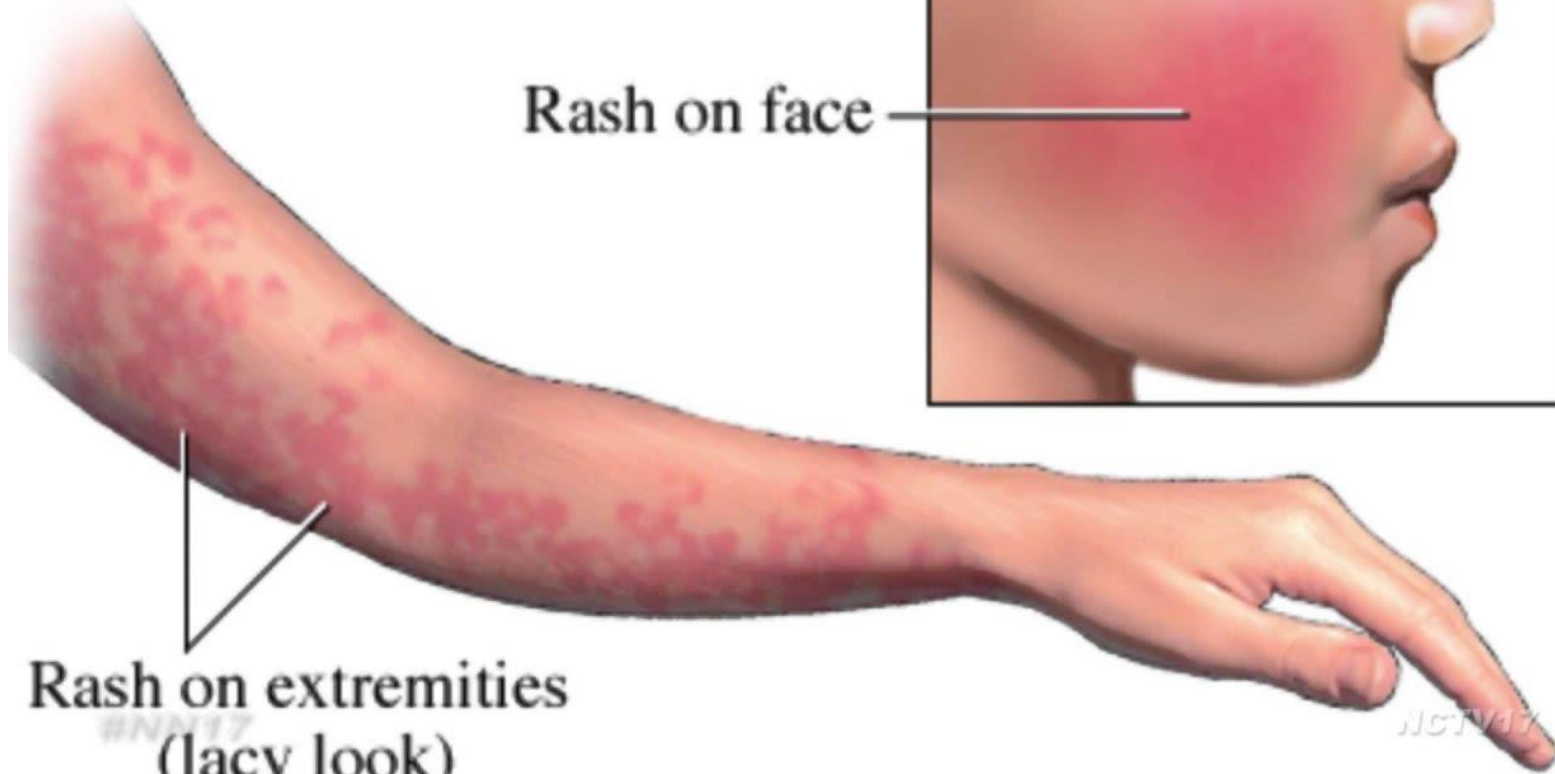


WEBMD

Rash on face



Rash on extremities
(lacy look)



NCTV037





Pink eye- Conjunctivitis

- Inflammation of the white part of the eye (Conjunctiva) and inner eyelids
- Pink or red in the white part of the eye
- Discharge or crustiness on the eyelashes and corner of the eye
- Can affect one or both eyes
- Itchy, uncomfortable
- Swelling of the eye lids







Prevention

- WASH HANDS: with soap and water for 20 seconds
 - ABC song
 - Happy Birthday
 - Row Row Row your boat changed to Wash Wash Wash your hands
 - Mary Had a little lamb

CLEAN/DISINFECT: Using approved products by the OEC

https://www.ctoec.org/storage/2019/02/ece_curriculumfinal.pdf



How staff and families can help

Communicate

Inform families of illnesses in the classroom

Keep the lines of communication open

Complete an illness report

Send out educational information of the illnesses being seen

- Remind parents of your sickness policy. Policy should be signed by families and notified of any changes
- Encourage families to keep their children home when they are sick and avoid returning to school too soon
- Have children seen by doctor and return with a Dr's note

Safe Sleep

- Infants under 12 months shall be placed supine (back) position for sleeping.

Unless has written documentation from a physician, physician assistant, or advanced practice registered nurse specifying a medical reason for an alternative sleep position



- Only when infants can easily turn over from supine to the prone position, they will be put down to sleep on their back, but allowed to adopt whatever position they prefer to sleep

Where to Sleep

- Infants should be placed in a well constructed free standing crib, not stacked cribs, which as slats no more than 2 3/8 inches apart and a fully waterproofed, firm, snug-fitting mattress



Where not to sleep

- No infant shall be put to sleep on a sofa, soft mattress, waterbed, or other soft surface
- No infant shall be put to sleep in a child restraint system intended for use in a vehicle, infant carrier, a swing or any place that is not specifically designed to be an infant bed



What goes in the crib?

- Baby and ONLY baby



- Soft surfaces and gas-trapping objects such as pillows, quilts, sheepskins, soft bumpers, or stuffed toys shall not be placed under or with an infant for sleeping and shall be kept out of the infants crib or bed.

Caring for sleep supplies

- All children's linens shall be washed at least weekly and as needed.
- Each child's linens and clothing shall be stored individually
- When cribs and cots are shared, they must be washed and disinfected and linens changed between children
- A supply of linen and emergency clothing shall be available for each child in the child day care or group day care homes at all times

Cribs are for sleeping not for eating

- Infants shall be removed from their cribs and held for all bottle feedings



- Infants and toddlers shall be removed from their cribs or play pens at other intervals during the day for individual cuddling's and for verbal communication

Safe Sleep Test

What is the correct sleeping position for a baby?

A



B



What is the best way to feed a baby?

A



B



- Can you guess what's wrong with this picture?



- True or False. This is the ideal sleeping environment for this baby



- True or False? It's ok to have a blanket on the side of the crib when the baby is sleeping?



- True or False? I can use any kind sheets for the babies crib

Mini Crib



adProgress

Full-Sized Crib



- Which is safer?



- Can my baby stay sleeping here or do I need to put her in her crib?



Safety: Safe Sleep

- Resources
 - <https://safetosleep.nichd.nih.gov/>
 - <https://www.ctoec.org/safe-sleep-for-babies/>

Questions and Answers