

Prevent the Spread of Germs at Your Daycare

A checklist to help you keep everyone healthy this fall and winter

Take the following steps to prevent the spread of germs:

✓	Make sure you are up to date on your vaccines, including influenza (flu) and pertussis (whooping cough). Ask your doctor if you have questions about whether you are up to date on shots.
✓	Wash your hands often with soap and water, and teach children to wash their hands. If soap and water are not available, use an alcohol-based hand sanitizer.
✓	Avoid touching your eyes, nose, and mouth. Discourage children from doing this, too. Germs can enter the body through these areas.
✓	Disinfect commonly touched surfaces often, such as toys, doorknobs, or tabletops. This is very important if someone is sick. Always keep cleaning products out of the reach of children.
✓	Cough or sneeze into your elbow or cover your nose and mouth with a tissue. This keeps the germs from your hands. If you use a tissue, wash your hands as soon as possible to avoid spreading germs.
✓	Watch for symptoms including fever, sore throat, vomiting, diarrhea, rashes, cough, and fatigue. Have parents and guardians look for symptoms in their children. Staff should also look for symptoms in themselves.
✓	Do not come to work sick. Sick children should also stay home. Sick children and staff with should stay home until they have no symptoms for at least 24 hours without the use of any medications to reduce fever.
✓	Call Arlington Public Health at 703-228-5200, Option 1 if you see an increase in symptoms in children or staff at your daycare. Use the “ <i>Should I Call Arlington Public Health?</i> ” guide to help you decide whether to call us.

Have questions? Call Arlington County Public Health staff at 703-228-5200, Option 1.