

Communicable Diseases

S

SANITIZE toys, tabletops, high chairs, changing tables and pads with cleaning solution of bleach and water. Mix ¼ cup of bleach to 1 gallon of water. This solution should be changed daily. Wash sheets and blankets weekly. Clean mats, cots and cribs daily with bleach solution.

I

ISOLATE your child from other children when they are sick. Children in group care with a fever or diarrhea should be away from other children until they can be picked up and taken home. They should not return to the group until they have been free of symptoms for 24 hours. **INFORM** all parents of exposed children about the illness. If appropriate for your child, follow the **IMMUNIZATION** schedule provided by your child's health care provider.

C

CLEAN by washing your hands and your child's hands after diaper changes, wiping noses, using the toilet, and before eating or preparing food. Children should also wash after playing with play-dough, in the water table, with rice or sand and after playing outside.

K

KEEP your child away when you know another child is sick. **KEEP** accurate records of health care visits. **KEEP** all scheduled appointments with your child's health care provider.

ADULT RESOURCES:

- www.children.com
- *The 3am Handbook* by William Feldman MD
- *Caring for your Baby and Young Child* by American Academy of Pediatrics

CHILDREN'S BOOKS:

- *The Berenstain Bears go to the Doctor* by Stan and Jan Berenstain
- *Just Going to the Dentist* by Mercer Mayer

