



UK Health  
Security  
Agency

# Infection Prevention and Control

Yorkshire and Humber Health Protection Team  
UKHSA

# Learning Outcomes

This session will enable you to:

- Understand the specific risk associated with Nurseries and Early Years setting environments
- Describe how micro-organisms spread in communal settings
- Identify the key elements included in Standard Infection Control Precautions
- Demonstrate compliance with basic hand hygiene practice
- Take infection prevention and control forward in your area

# The Risks

- Children are more susceptible to infection because they have underdeveloped immune systems
- A high degree of close contact with other susceptible children
- Children often explore with their hands and germs from hand to mouth can cause infection
- They share facilities and equipment
- Children often lack an understanding of the basic principles of good hygiene practices
- May not be able to perform hand hygiene effectively



# What Are the Consequences?

- School days lost
- Spread to siblings, family members and the wider community
- Parents; take time off work, loss of confidence
- Potential outbreaks
- Media attention

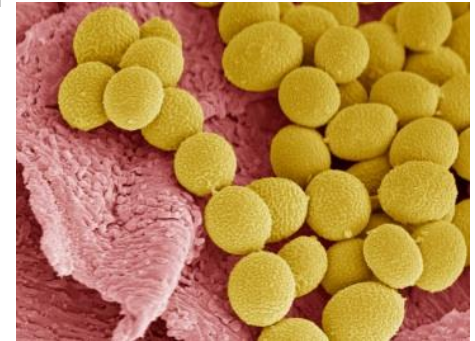


# We are not alone.....

Bacteria



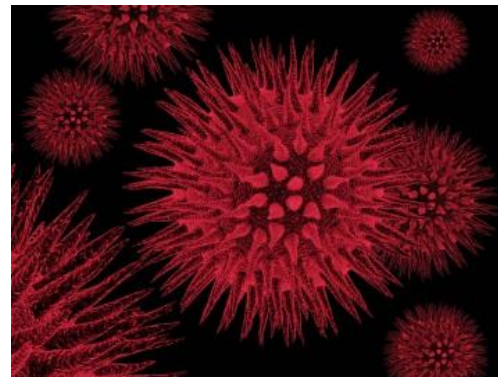
Fungi



Parasites



Viruses



# Transmission of Diseases



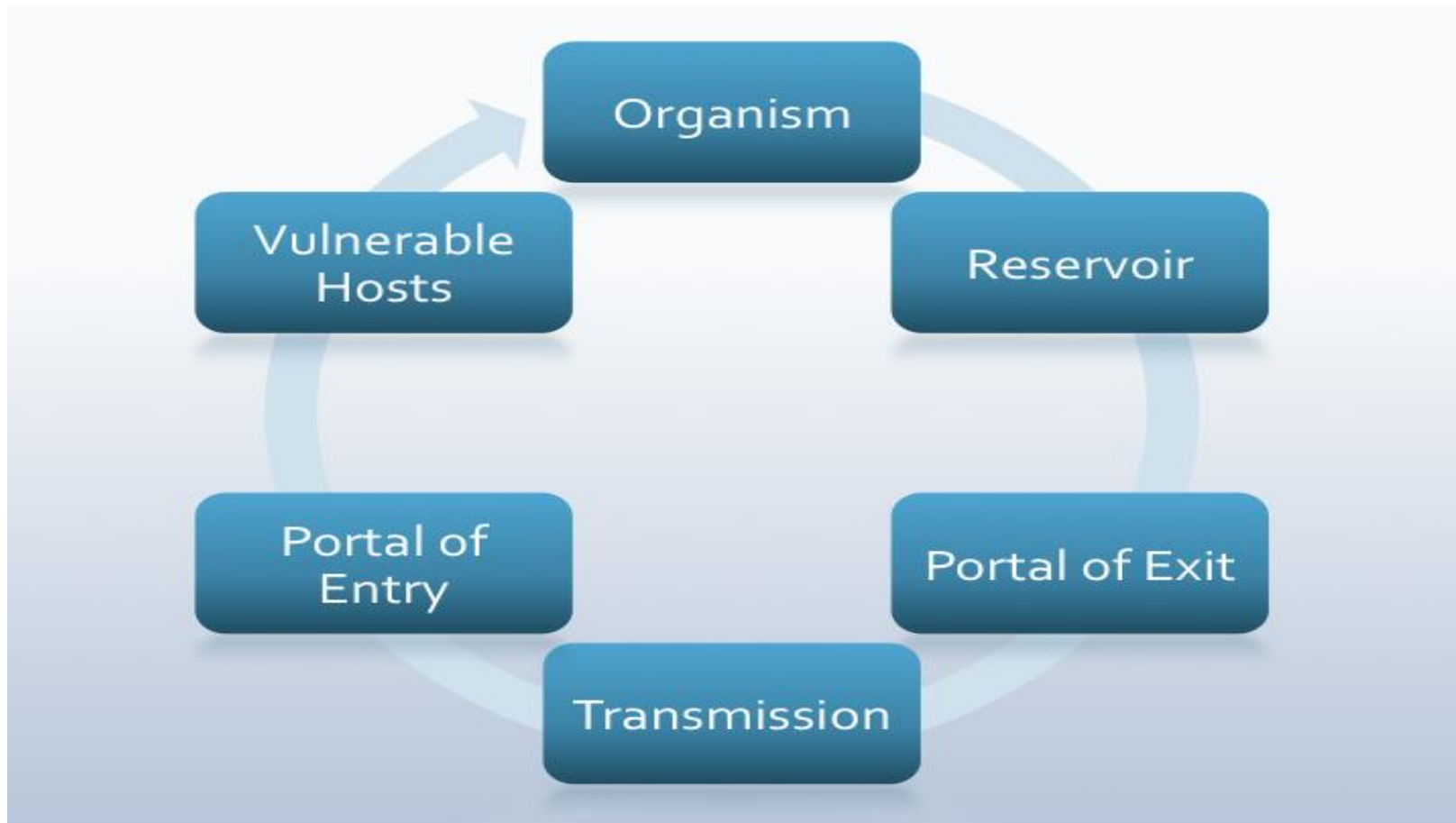
- **Droplet contact** - usually the respiratory system. Microorganisms suspended in warm, moist droplets enter body through nose/ mouth/ eye surface.

- **Direct physical** and indirect contact it is generally through a wound in the skin or through a mucous membrane.

- **Vector borne transmission**, it is at the bite or sting of the vector

- **Faecal-oral transmission.**

# Chain of Infection



# Breaking the Chain of Infection

Infection prevention and control measures aim to interrupt the chain of transmission.

1. Environment or placement
2. Hand Hygiene
3. Respiratory and cough hygiene
4. Personal protective equipment
5. Safe management of the environment
6. Safe management of equipment
7. Safe management of linen or soft furnishings
8. Safe management of blood and body fluids
9. Safe disposal of waste (including sharps)
10. Occupational safety or managing prevention of exposure to infection (including needlestick or sharps injuries, and bites).

\*Chapter 2 of the Health Protection Guidance\*





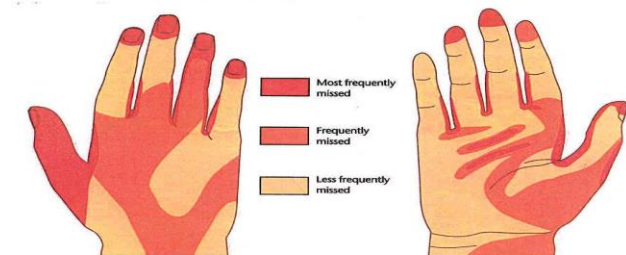
# Handwashing

“The ***single*** most important measure for preventing the spread of infection.....”

- Reduces the number of people who get sick with diarrhoea by 31%
- Reduces diarrheal illness in people with weakened immune systems by 58%
- Reduces respiratory illnesses, like colds, in the general population by 21%



AREAS MISSED DURING HANDWASHING



Reference: Taylor L. (1978)

# Handwashing technique

**HAND CLEANING TECHNIQUES**

**How to handwash?**  
WITH SOAP AND WATER

**NHS**  
National Patient Safety Agency

The infographic illustrates the 12 steps of handwashing with soap and water. It is organized into four main stages:

- Step 0:** Wet hands with water.
- Step 1:** Apply enough soap to cover all hand surfaces.
- Steps 2-8:** Rub hands palm to palm, back of each hand with the palm of the other hand with fingers interlaced, palm to palm with fingers interlaced, backs of fingers to opposing palms with fingers interlaced, tips of fingers in opposite palm in a circular motion, and each wrist with the opposite hand.
- Step 9:** Rinse hands with water.
- Step 10:** Use elbow to turn off tap.
- Step 11:** Dry thoroughly with a single-use towel.
- Step 12:** Your hands are now safe.

[www.npsa.nhs.uk/cleanyourhands](http://www.npsa.nhs.uk/cleanyourhands)

Adapted from World Health Organization Guidelines on Hand Hygiene in Health Care 2009

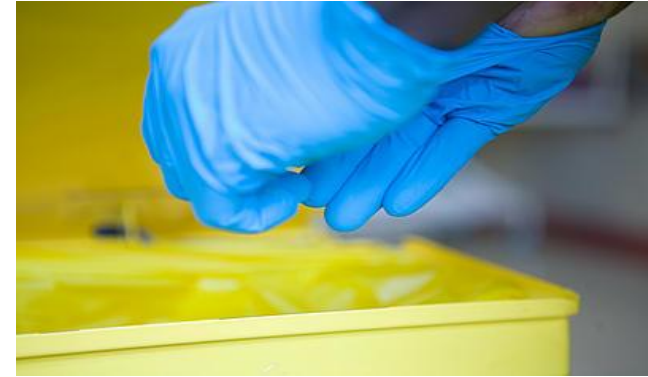
**cleanyourhands**  
campaign



# Personal Protective Equipment (PPE)

## Blood and Bodily Fluid Spillages

- Wear PPE
- NOT a substitute for hand hygiene
- Aprons, gloves and eye protection
- Single use
- Clear up spillage as soon as possible
- Remove gloves after each care activity - before contact with other items eg: door handles.



# Cleaning of the environment

The most important part of decontamination is **CLEANING**

- Ensure appropriate cleaning and disinfectant products are available
- Ensure cleaners are appropriately trained with access to PPE
- Toys and equipment should be cleaned frequently as per national guidance
- Use colour coded cleaning equipment (there is no legislative requirement but it is good practice)



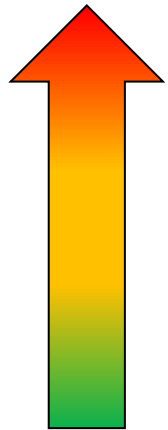
<b>Red</b> Sanitary areas including sinks in sanitary areas	<b>Blue</b> General areas, e.g., waiting rooms and consulting rooms (including sinks in general areas)
<b>Green</b> Kitchens	<b>Yellow</b> Treatment and minor operation rooms

# Equipment cleanliness

- General-purpose detergent and hand-hot water
- Introduce a cleaning schedule
- Where possible buy toys and equipment that can be easily cleaned
- Store toys in a clean container
- Don't let children take toys into toilet areas
- Replace play dough and plasticine regularly
- Cover sandpits at night, when not in use and inspect before use
- Inspect outdoor items inspect for contamination by birds or garden pests

# Equipment Decontamination

- The level of decontamination required depends on what the equipment is and what it is contaminated with.
- All equipment in contact with a child should be appropriately decontaminated before use on another child
- Risk Categories:



## High risk

Items that penetrate skin or mucous membranes, or enter sterile body areas (use sterile items)

## Medium risk

Items that have been in contact with mucous membranes, or are contaminated with blood/body fluids or have been used on an infected patient (disinfect)

## Low risk

Items that have been in contact with or used on intact skin (clean)

# Waste and Sharps Management

- Correct segregation as per local policy
- Suitable bins
- Safe waste storage
- Take the sharps bin to the point of use, preferably using an integral sharps tray
- Do not fill the sharps container above the 'fill level'
- Ensure the opening is always closed in the temporary closure position to prevent accidental spillage of contents



# Sharps injuries and bites

- **Bleed** it
- **Wash** it (if splash to eye/mouth use copious amounts of water only to flush)
- **Cover** it with a waterproof dressing
- **Report** it and document details.
- Visit GP, A&E or Occupational Health Department



**BLEED IT**  
Squeeze wound to encourage bleeding



**WASH IT**  
with soap, under running water



**COVER IT**  
with a waterproof dressing



**REPORT IT**



# Promote Good Practice

- Encourage uptake of vaccine if available
- Provide suitable hand washing facilities
- Ensure disposable gloves and aprons available
- Establish daily cleaning routine
- Establish rota for cleaning toys, sand, water play areas etc
- Ensure Parents/carers/staff follow the exclusion advice.

UK Health Security Agency

NHS

## Should I keep my child off school?



Yes	Until...
Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

**No**  
but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

**Advice and guidance**  
To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

# Raising Children's Awareness

Teach the importance of regular handwashing and supervise children, especially;

- After going to the toilet
- Before eating
- Before cleaning teeth
- After wiping noses and disposing of tissues
- After covering mouths when sneezing or coughing
- After playing outside



# Infection Prevention and Control is EVERYONE'S Business and is in **YOUR** Hands



# Useful Resources

- [Should I keep my child off school checklist poster \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)
- [Health protection in children and young people settings, including education - GOV.UK \(www.gov.uk\)](https://www.gov.uk)
- [Home \(phedigital.co.uk\)](https://phedigital.co.uk) ebug
- [e-Bug | Facebook](#)
- [Early Years \(e-bug.eu\)](https://e-bug.eu)
- [Infectious diseases: education and childcare settings - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

# Credits

- [Health protection in children and young people settings, including education - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/topics/health-protection)
- Community Infection Prevention and Control, Harrogate and District NHS Foundation Trust  
<https://www.infectionpreventioncontrol.co.uk/>
- <https://www.e-bug.eu/home>
- [Nursaries Infection Prevention LR 07 11 \(2\).pdf \(hscni.net\)](https://www.hscni.net/sites/default/files/2018-05-2018-05-infection-prevention-control-childcare.pdf)
- [2018-05-infection-prevention-control-childcare.pdf \(publichealthscotland.scot\)](https://www.publichealthscotland.scot/media/12345/2018-05-infection-prevention-control-childcare.pdf)



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# Thank you for listening

## Any Questions?