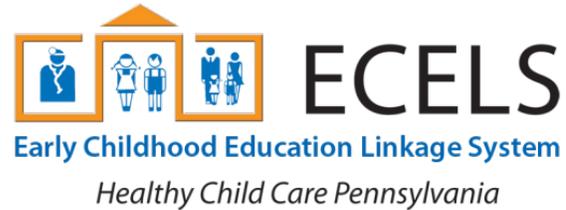


## Early Childhood Education Linkage System /

Healthy Child Care Pennsylvania  
PA Chapter, American Academy of Pediatrics  
Rose Tree Corporate Center II, Suite 3007  
1400 N. Providence Road  
Media, PA 19063  
Phone: 484-444-3003; Fax: 484-446-3255;  
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Website: [www.ecels-healthychildcarepa.org](http://www.ecels-healthychildcarepa.org)



April 2017

Dear Early Care and Education Professional,

Thank you for your interest in the *Common Illnesses in Child Care Self-Learning Module*. This module provides an overview of common illnesses that young children experience. For more in depth learning about infectious diseases, allergy and asthma, use the ECELS self-learning modules on these topics. The Core Knowledge Competencies that this module addresses and objectives are that users will be able to:

- K7.1 C3 Evaluate the current practices for effectiveness and compliance with applicable health, safety, and nutrition mandates and standards through instituting corrective actions in areas of need and consulting outside experts as needed or required.\*
- K7.2 C1 Describe the recommended sanitation practices that reduce the spread of germs
- K7.4 C3 Assess policies and procedures that ensure children's healthy participation in the life of the program.\*
- K7.5 C1 List health care prevention practices and discuss accepted measures for managing acute and chronic illnesses in children.\*
- K7.6 C1 Identify and describe all elements that should be contained in children's health records.

Appendices of the PA Core Knowledge Competencies document offer additional information on definitions, including a further detailing of competencies indicated by an asterisk (\*), and an alignment of the CKC to other commonly-used documents. (From PA Core Knowledge Competencies accessed online on 5/1/14 at <http://www.pakeys.org>.)

### Objectives

Upon successful completion of the module, the learner will be able to:

1. Name the main symptom that determines illness in most children.
2. List at least three major ways to prevent the spread of illness in early care and education programs.
3. Identify inclusion / exclusion guidelines for infections that may occur in children in early care and education programs.
4. Make Plans for Change to create or update current policies related to common illness.

This module meets PA Keystone STAR 2 Performance Standard requirement for two (2) hours of annual professional development for health and safety. To receive state-approved professional development credit:

1. **Review the Self-Assessment:** Before you complete the *Learning Activities* for the module, take a look at the *Self-Assessment* you need to submit for review to obtain professional development credit. It includes multiple choice questions, symptom and diagnosis-based case studies and implementation questions. Knowing what you will be asked may help you find the necessary information as you do the *Learning Activities*. The *Self-Assessment* must be completed independently and submitted by each staff member requesting credit. PA early care and education staff may submit the *Self-Assessment* for review for credit using an electronic response form at <https://www.surveymonkey.com/s/HGLVQBK>.

If you prefer, you may copy and print out the *Self-Assessment*. Then, complete and submit it either by scanning and attaching it to an e-mail, or by sending the original of your work by surface mail to ECELS at the address on the top of this letter.

**2. Complete the Learning Activities**

If you need help with this module, or have questions about the material, call the ECELS office 1-800-243-2357 toll free in PA or 484-446-3003 or email [ecels@paaap.org](mailto:ecels@paaap.org).

- 3. Follow the instructions in the “Important Reminders” box** next to the list of self-learning modules on this webpage. These instructions include the steps to register your credit and mark your assignment complete in the PA Key Professional Development Registry. Review the document “Using the Professional Development Registry” posted in the “Important Reminders” box. If a review fee is required for this module at the time you submit it, ECELS must receive the per person payment before ECELS staff will review the work you submit for credit.

When you have successfully completed the Self-Learning Module *Self-Assessment*, ECELS will notify you by e-mail that your credit has been approved. Remember that you must follow the steps required to document your work in the PA Key Professional Development Registry to receive credit in the PA Key Registry. Contact ECELS if you have questions.

After ECELS approves your credit, you will be able to complete the Evaluation Form. Then the PA Key will record your credit and notify you that your credit has been awarded. In the My Learning Path Tab, select My Transcript to view a detailed history of the Courses you have completed.

Sincerely,

Nancy Alleman RN, BSN, CRNP  
Lead Training /  
Technical Assistance Coordinator

Susan Aronson, MD, FAAP  
ECELS Pediatric Advisor

Sandy McDonnell, MSN, RN, CRNP  
Training/Technical Assistance  
Coordinator

## Learning Activities

1. Review the 3 videos listed below.

The 3 videos for this self-learning module are part of a workshop curriculum on the website of Healthy Child Care America (HCCA). HCCA is a federally-funded resource managed by the American Academy of Pediatrics (AAP.)

To view these materials properly, download them to your computer from the Healthy Child Care America website. The videos will play better if you download them to your computer than if you try to play them directly from the internet website. If you do not already have Adobe Reader and Windows Media Player (or another software which plays .wmv files) on your computer, download them before you download the videos. The most recent versions of these software tools are available at no cost at <http://www.adobe.com> and <http://www.microsoft.com>.

To access the videos, go to <http://www.healthychildcare.org/>. From the left pane of the website select "Healthy Futures Curricula." Then select "Curriculum for Managing Infectious Diseases in Early Education and Child Care Setting." Choose the link to the Instructor's Manual. From Module 2 and Module 3, download, save and then view the following files:

- a. *Informing Parents and Staff (video from Module 2)*
- b. *What to Do When Kids Get Sick after the Daily Health Check (first video from Module 3)*
- c. *Symptoms and Diseases Requiring Exclusion (second video from Module 3)*

2. Review selected documents found in *Caring for Our Children*, 3rd Ed, 2011. Go to [www.nrckids.org](http://www.nrckids.org). Under "Quick Links" select *Caring for Our Children*, 3<sup>rd</sup> edition. Then "Browse CFC3 Content." Using the online access to the national health and safety standards gives you the most recently updated version of this key document. Use the browse tool to find and review the following:

- a. *Appendix J Selecting an Appropriate Sanitizer or Disinfectant*
- b. *Standard 3.6.1.3 Thermometers for Taking Human Temperatures*
- c. *Standard 5.4.6.1 Space for Children Who Are Ill*

3. Review the immunization schedules and tools to determine whether a child's or adult's immunizations are up-to-date. Go to the website of the Centers for Disease Control and Prevention (CDC), at <https://www.cdc.gov/vaccines/schedules/easy-to-read/child.html>. Review the schedule on page 1. Read page two of the schedule to learn about the diseases, how they are spread, the symptoms and disease complications. Copy the information pertaining to Pertussis from page 2 of the immunization schedule onto your answer sheet or enter the information when you complete the self-assessment using Survey Monkey.

From the menu on the left pane of the CDC's vaccine website, select "Adults". Review which vaccines you as an adult should have received. Note any that you think you are missing so you can ask your health care provider about them.

Check the CDC website for immunization schedule updates each January or February.

4. Review relevant portions of *Model Child Care Health Policies*, 5<sup>th</sup> edition (2014 (MCCHP). This publication of the American Academy of Pediatrics is available to purchase, but is accessible at no cost on the ECELS website at [www.ecels-healthychildcarepa.org](http://www.ecels-healthychildcarepa.org). Click [here](#) or select "Publications," then select "Manuals/Pamphlets/Policies." Scroll down to [Model Child Care Health Policies](#). Download and open the document. Review the Table of Contents. Look at the fill-in-the-blank

templates that are related to Common Illness. You should be familiar with these. For this self-learning module, pay particular attention to the following selections related to common illness:

- a. Section 11: Care of Children and Staff Members Who are Acutely Ill or Injured (all).
  - b. Appendix M: Instructions for Daily Health Check
  - c. Appendix N: Enrollment/Attendance/Symptom Record
  - d. Appendix U: Routine Schedule for Cleaning, Sanitizing, and Disinfecting
5. Review the brief descriptions of some common conditions and symptoms approved by pediatric experts. Go to [www.healthychildren.org](http://www.healthychildren.org). This is a website maintained by the American Academy of Pediatrics to inform families and others who care for children. For this self-learning module, read two articles-enter the titles in the search box at [www.healthychildren.org](http://www.healthychildren.org):
- a. "When to Keep Your Child Home from Child Care"  
<https://www.healthychildren.org/English/family-life/work-play/Pages/When-to-Keep-Your-Child-Home-from-Child-Care.aspx>
  - b. Head Lice: What Parents Need to Know <https://www.healthychildren.org/English/family-life/work-play/Pages/When-to-Keep-Your-Child-Home-from-Child-Care.aspx>

Return to [www.healthychildren.org](http://www.healthychildren.org); on the top banner, select "Health Issues" and then "Conditions." Select "view all." Look at whatever interests you on this website. Most of the brief articles are available in Spanish if you select "Español" at the top of the page. The articles have an audio feature available in English and in Spanish that allows you to have someone read the content to you while you view the words in the print version. You can print out any of the articles that you'd like to keep or share with families and co-workers.

6. Download, review and save or print the following poster by
- a. Select Posters on the ECELS website at [www.ecels-healthychildcarepa.org](http://www.ecels-healthychildcarepa.org) . Select Publications, then Posters, then these topics:
    - i. Diapering Poster
  - b. OPTIONAL: Highly graphic, large posters on the following topics are available for purchase at CCAForSocialGood.com or by emailing [Posters@CCAForsocialgood.com](mailto:Posters@CCAForsocialgood.com) .
    - i. When to Wash Your Hands
    - ii. Hand Washing
    - iii. Diapering
    - iv. Gloving

The **Self-Assessment** may be completed online using the Survey Monkey link <https://www.surveymonkey.com/s/HGLVQBK> . If you prefer, you may print out the *Self-Assessment* which follows. Then, complete and submit it either by scanning and attaching it to an e-mail, or by sending the original of your work by surface mail to ECELS at the address on the top of this letter.

## Common Illnesses Self-Learning Module

### ***Self-Assessment***

(Multiple Choice Questions, Symptom and Diagnosis-based Case Studies and Implementation Questions) available on the Survey Monkey website at <https://www.surveymonkey.com/r/B6G2MMS>.

#### **Directions**

You may photocopy the Self-Assessment for individual staff members if more than one is seeking credit for completion of the Self-Learning Module. ECELS encourages discussion among the staff members about the content of self-learning modules. However, each person must respond to the multiple-choice questions individually and to the write-in questions using her/his own words.

Early Care and Education Professional's Name: \_\_\_\_\_

Home Address: Street/City \_\_\_\_\_

County \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_

Email Address \_\_\_\_\_ (to receive communications from ECELS)

PA Keys Registry ID Number \_\_\_\_ \_ (if want PA Key credit) Date of Birth: \_\_\_\_\_

Early Care and Education Program Name: \_\_\_\_\_

Early Care and Education Program Phone #: (\_\_\_\_) \_\_\_\_\_

#### **Part 1 – Multiple Choice Questions**

**Directions:** Read the following questions. Please circle the best answer(s).

There is only **one** correct answer for each item.

1. Parents of a 4-month-old child visits the early care and education program and are interested in enrolling their child. The child has not been sick so far. The parents are worried that going to a early care and education program might make the child sick. What should you tell them?
  - a. Infants receive care in small groups and do not get sick in early care and education programs more often than they would at home.
  - b. Infants who are cared for only in their home have an average of 6-8 colds a year while those in early care and education programs have an average of 7-9 colds in the same time period.
  - c. Infants receive frequent immunizations so you don't need to worry about illnesses.
  
2. Which of the following is most effective to reduce infectious diseases in early care and education settings?
  - a. Use of antibiotics for all children who have pinkeye or green-yellow nose discharge.
  - b. Hand washing
  - c. Exclusion of children with symptoms of illness until they are examined by a health care professional.

3. Who should receive and be required to review your program's written policies related to prevention and care of illness?
  - a. All staff members and parents/legal guardians
  - b. Director and staff
  - c. Newly hired staff
  
4. At the time of enrollment, early care and education staff should discuss which of the following with parents?
  - a. The program's policies and practices to care for ill children and children with special needs
  - b. Parents' alternative care plans for their child when the child is ill
  - c. Who on the program staff makes the final decision about whether an ill child can be in care
  - d. All of the above
  
5. Parents of a 4 ½ -year-old child call to say that they took their child to the doctor because he a fever and sore throat. The doctor did a rapid strep test and the test showed that the child has strep throat. The child is receiving antibiotics. What should the early care and education program do with this information?
  - a. Make a note in the child's record but do not tell the staff or the parents of the other children in the group about the child who has strep unless they or one of their children become sick.
  - b. Tell the staff and the parents of the other children that they should contact their health care provider and ask to be tested for strep infection.
  - c. Tell the staff and parents in the program that a child who comes to the program is being treated for strep throat. The family should consult with their child's / their health care provider if they develop a sore throat.
  - d. Tell staff and parents of the other children in the program to ask their health care provider to give them antibiotics to prevent strep throat infection.
  
6. Exclusion of ill children from the early care and education program is based on the following:
  - a. Ability of staff to meet the needs of the ill child and other children in the group
  - b. Whether the child can participate in routine activities
  - c. Whether the child's illness poses an increased risk to other children and staff
  - d. All of the above
  
7. When is a health care provider's note necessary to readmit a child who was ill, but seems well now?
  - a. Only if the health care provider advice is required to determine whether the child's illness poses a health risk to others or the program needs guidance about special care the child requires.
  - b. Whenever a child has been excluded for illness.
  
8. The symptom record
  - a. Helps families and early care and education staff document a child's symptoms
  - b. Gives the child's health care provider important information to use in diagnosing the child's illness if health professional care is needed
  - c. Is distributed to all other parents to notify them of an outbreak
  - d. a and b

9. The daily health check should be performed when the child enters the early care and education program, before the parent/guardian leaves, periodically throughout the day and when the staff notices that a child has symptoms of illness.
  - a. True
  - b. False
  
10. If a child becomes ill during the day, the staff should
  - a. Adapt activities to the activity level of the ill child
  - b. Provide extra attention to the ill child
  - c. Inform parents of new symptoms by phone and use the symptom record to document the child's status
  - d. All of the above
  
11. All staff should receive annual influenza vaccine, preferably in the fall.
  - a. True
  - b. False

## **Part 2-Short Answer and Case Studies**

**Directions:** Read the short answer question and the three case studies below. **Use the materials listed in the Learning Activities to answer the questions.**

### **Short Answer Question: Immunizations**

Look again at the CDC immunization schedules 'For Everyone: Easy-to-read' at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines). Select 'Recommended Immunizations for Children (Birth through 6 years).' Be sure to review both the first and second page of this schedule. The rows of the immunization schedule on the first page list the vaccine abbreviations and when doses of that vaccine should be received. The second page explains the abbreviations and the diseases that these vaccines prevent including how the disease is spread, the symptoms and disease complications. The vaccine to prevent the disease pertussis is DTaP.

Copy the information from the second page of the chart (described above) to fill in the blanks.

Pertussis is spread through \_\_\_\_\_ and \_\_\_\_\_. Pertussis symptoms include \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

Complications from pertussis may include \_\_\_\_\_ or \_\_\_\_\_.

("Managing Infectious Diseases in Child Care and Schools, A Quick Reference Guide", 4<sup>th</sup> edition **Quick Reference Sheets** are a separate PDF to download from ECELS webpage.)

## Case Studies

Refer to “Managing Infectious Diseases in Child Care and Schools, A Quick Reference Guide”, 4<sup>th</sup> edition Quick Reference Sheets to answer the following case studies.

### Case 1:

In the morning, an 18 month old girl has two watery stools not contained in her diaper. She ate lunch well, is playful and interactive and has no fever. With these symptoms of diarrhea, answer the following questions:

- a. How is the illness spread?

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- b. Exclude from the early care and education program?    Yes                      No

- c. What is your reasoning for wanting to exclude or not exclude this child?

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### Case 2:

A 5 year old boy has greenish/yellow eye discharge, and redness of the white of the eye, but no fever. His behavior is normal. With these symptoms of pink eye, answer the following questions:

- a. How is the illness spread?

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- b. Exclude from the early care and education program?    Yes                      No

- c. What is your reasoning for wanting to exclude or not exclude this child?

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**Case 3:**

A six-month old female infant has a temperature of 102 ° F taken under her arm. She is acting **normally**. Based on this infant's symptoms answer the following questions:

- a. What are some reasons why a child's temperature may be elevated?

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- b. Exclude from the early care and education program? Yes No

- c. What is your reasoning for wanting to exclude or not exclude this child?

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**Part III-Implementation Questions**

1. Check your program’s written policies. Which of the following are included?
- a.  Requirement for all children and staff members being up to date with recommended immunizations including receipt of influenza vaccine every fall
  - b.  Daily health check on arrival at the program
  - c.  Family responsibility to share information about symptoms or exposure to illness
  - d.  Hand washing by staff and children on arrival, before eating and after any situation that could result in contact with body fluids.
  - e.  Cleaning, sanitizing and disinfecting routines
  - f.  Situations that require a note from a health care professional
  - g.  Designated staff member with authority to admit or exclude a child or staff member for illness
  - h.  Criteria for excluding children who are ill or injured
  - i.  Criteria for excluding staff members who are ill or injured
  - j.  Conditions/illnesses for which participation in the early care and education program is permitted
  - k.  Use of a symptom record by families and staff members
  - l.  Development and use of a care plan for a child who is ill or has a special need
  - m.  Management of increasing symptoms during the early care and education program day
  - n.  Contacting families about a child’s illness that occurs/ worsens during the day
  - o.  Conditions that require medical attention right away
  - p.  How emergency medical services will be contacted when a child or adult is very ill
  - q.  Where and by whom children who are too ill to remain at the program will receive care while waiting for pickup
  - r.  Who is responsible for notifying the public health department about outbreaks and reportable illnesses
  - s.  Infection control plan for an outbreak of influenza

2. Which 2 policies listed above, does your program need to revise or add?

a. \_\_\_\_\_

b. \_\_\_\_\_

3. For items a. through d. below, briefly describe **how you plan to use** the information you found in the following materials in your early care and education program.

a. *Model Child Care Health Policies*, 5<sup>th</sup> edition, 2014

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b. Enrollment/Attendance/Symptom Record

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c. Symptom Record

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d. Cleaning, Sanitizing and Disinfecting Chart

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#### References & Resources for this Module

- Selected portions from Part 6-*Illness in Child Care* in the AAP's *Caring for Our Children Video Series* available on the website of the American Academy of Pediatrics' Healthy Child Care America program, "Healthy Futures" at <http://www.healthychildcare.org/>
- *Caring for Our Children: National Health and Safety Performance Standard; Guidelines for Early Care and Education Programs*, Third Edition. The most up-to-date edition of this publication is available online at <http://nrckids.org>. *Caring for Our Children* is available for purchase in hard copy from the bookstores of the American Academy of Pediatrics at [www.aap.org](http://www.aap.org) and from the National Association for the Education of Young Children at [www.naeyc.org](http://www.naeyc.org).
- *Managing Infectious Diseases in Child Care and Schools, A Quick Reference Guide*, 4th Edition, 2017. Available from the bookstore of the American Academy of Pediatrics at [www.aap.org](http://www.aap.org)
- *Model Child Care Health Policies*, 5<sup>th</sup> edition, 2014. Available in hard copy from the bookstore of the American Academy of Pediatrics at [www.aap.org](http://www.aap.org) and at no cost on the ECELS website at [www.ecels-healthychildcarepa.org](http://www.ecels-healthychildcarepa.org).
- Centers for Disease Control and Prevention website: [www.cdc.gov](http://www.cdc.gov)
- American Academy of Pediatrics Healthy Children website at [www.healthychildren.org](http://www.healthychildren.org).

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