

Disease Control Methods

Diseases can be spread through infected blood, poop, vomit, saliva, and nasal secretions. To control the spread of disease, it is important to treat all body fluids as if they are able to spread disease. People may spread disease without showing symptoms or knowing they are ill. High-risk activities for the spread of disease include: bathroom cleaning/use, diapering, food preparation, and first aid. Ill food handlers and other staff members must report symptoms immediately to their supervisor.

Wash Hands...20 seconds

- Before putting on gloves to handle food.
- After using the bathroom.
- After changing diapers.
- After handling raw meat.
- After cleaning activities.
- After touching animals.
- Before eating.



Sanitize and/or disinfect often

- Use bleach or Environmental Protection Agency (EPA) approved products.
- **Sanitize** toys, sleeping mats, tables, food contact surfaces.
- **Disinfect** restroom, diaper changing tables, areas contaminated by vomit or blood.
- Launder stuffed toys and other cloth materials.



Get Immunizations...both children and adults

Watch for sick children and staff

- Separate and exclude sick children or staff.
- When in doubt, keep them out!
- Keep sick people home until symptom free for **24 hours**.
- Maintain a daily sick log and keep on file for two months.
- Teach people to cough into their arm and not their hands
- Report an increase in illnesses to the health department immediately.



Practice Food Safety

- Wash hands.
- Do not handle ready to eat foods with bare hands.
- Maintain proper hot and cold food temperatures.
- Wash fruits and vegetables.
- Store food properly and do not cross-contaminate.
- Do not work or handle food when ill with vomiting or diarrhea.



For more on infectious disease guidelines including control methods go to:
www.colorado.gov/pacific/cdphe/infectious-disease-guidelines-schools-and-childcare-settings