

Vomiting, Diarrhea, and Children

Information for Child Care Providers

What is Diarrhea?

Diarrhea is:

- Increased number of stools compared with a child's normal pattern
- OR
- Decreased stool form
- OR
- Stools that are watery, bloody, or contain mucus

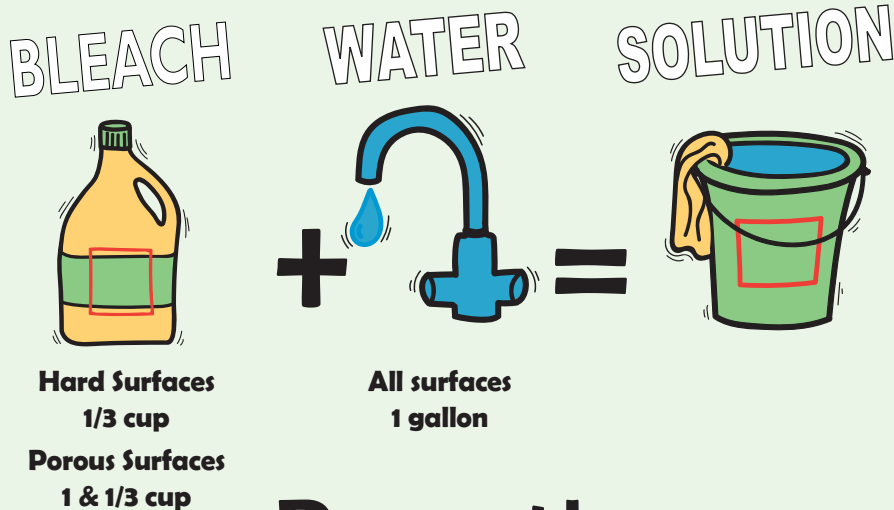
Because it can be difficult to tell the cause of diarrhea, all children with diarrhea are not allowed to be at child care/ preschool until at least **24 hours** after their last episode of diarrhea.

As a child care or preschool provider, you are responsible for the health and safety of those in your care. Knowing how to handle certain specific situations can make all the difference.

Exclude!

Send sick kids and staff home. Keep sick kids and staff home. Diseases that cause vomiting and diarrhea are often very contagious others. Staff and children with either of these symptoms must be kept home or sent home to help prevent further spread of illness. (MINN. R. 9503.0080 (2007))

Clean!



Report!

Report outbreaks to the Minnesota Department of Health at 651-201-5414

Prevent!



Exclude sick kids and staff!

Wash hands regularly!



Sanitize surfaces!

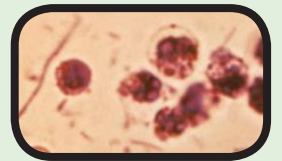
Why Report Illness?

Many diseases are required by law to be reported to the Minnesota Department of Health (MDH). Even if a disease is not officially reportable, reporting allows MDH to advise child care providers on proper action.

When to Report?

1. When more than 10 percent of children and staff are sick with diarrhea and/or vomiting.
2. When any child or staff person is diagnosed with one of the diseases below.

What Diseases Should be Reported?



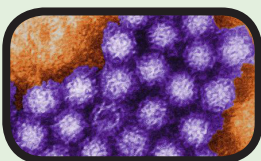
Shigella



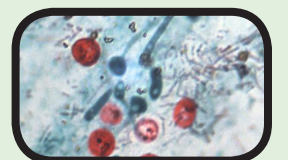
E. coli O157



Giardia



Norovirus



Cryptosporidium

What Does 'Clean' Mean?

1) Clean Up!

- Wash surfaces with soapy water.
- Rinse thoroughly.
- Wipe dry.

Don't vacuum vomit or diarrhea!

2) Sanitize!

- Apply chlorine bleach solution to surfaces at least once daily.
- Dishwasher safe toys should take a ride in the dishwasher.

3) Wash hands with soap and water!



DEPARTMENT OF HEALTH

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Questions?

Call the Minnesota Department of Health at 651-201-5414 or 1-877-676-5414